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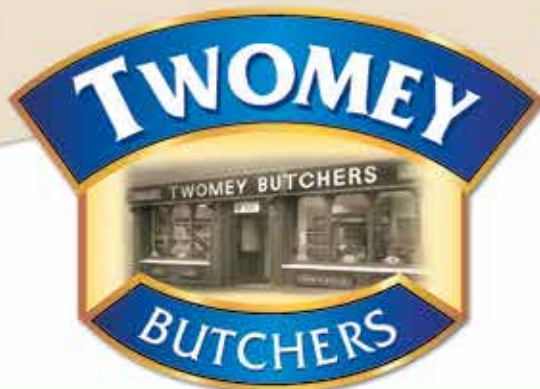
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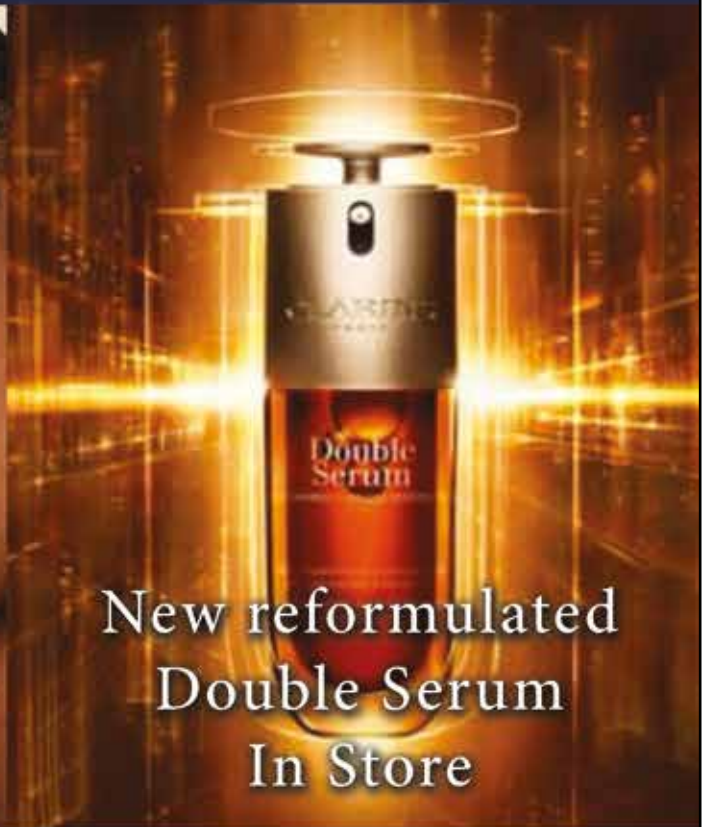
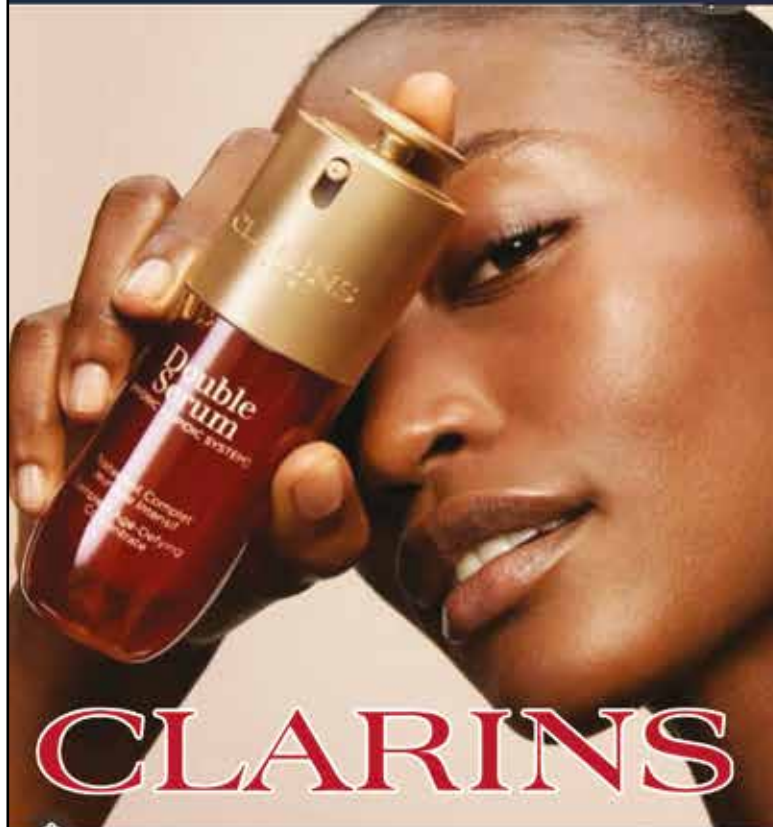
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If you cannot access physical copies, the LVO can be viewed online at: <https://www.outlookmags.com/archives/lee-valley-outlook/>

We are a bi-weekly magazine; therefore, submissions must be on the Sunday before publication at the latest, if you want a piece included in the following week's edition. Due to print processes, late submissions

will be published in the following edition. As always submissions as Gaelige are always welcome too!

We love hearing local stories, opinions and events - current or historical, if you would like to submit an article as bearla nó as gaeilge, please feel free to email us here on leevalleyoutlook@macroom.ie, we would love to hear from you.

Go raibh maith agaibh, Peter & Gráinne

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MACROOM GIRL GUIDES



Katie and Emily presenting certificates to Ardilaun Guides at Camp Olympics



Ardilaun guides setting up the shelters for Camp Olympics in Caum

Members of Ardilaun Guides enjoyed some summer activities over the last few weeks. The guides and their leaders went for a ramble and a picnic in Warrenscourt on a beautiful Saturday morning.

Another highlight of the guiding summer was "Camp Olympics" which was held in Caum. This two-night camp for Guides was held from 19th-21st August. Katie Cronin and Emily Mehigan organised this camp as part of their Junior Campcraft certification. As with every camp, a theme was chosen and "The Olympics" was a great and timely choice for this camp. The guides took part in Olympic themed activities such as "Mini Olympics", baking competitions and arts and crafts. Katie and Emily, who are members of MacEgan Senior Branch, have participated in a number of camps and other training activities through IGG and this was evident in the program they prepared for the camp. The guides were involved in campcraft activities, leave no trace activities as well as teamwork activities. The guides did mind maps on different roles and aspects of

a team – the girls were very creative and had fun with this activity. Many games were played, and they even did a bit of "Zumba".

The guides had the following to say about their time at Camp Olympics, Bláithín describes the first evening at camp "When we arrived at camp, we first put up the shelters for the kitchen and then we put up our amazing tents. We had delicious fajitas for dinner and after dinner we sang campfire songs and had marshmallows"

Anna describes her favourite activities as "We made Olympic themed bracelets and painted Olympic themed rocks that looked great. We also had our own mini-Olympics and made ice-cream that looked like the Olympic torch. The campfires were so much fun and the food we made was delicious"

Grace also had a great time at camp and described the last day of camp "We had sausages, rashers, scrambled egg and French toast for breakfast. We started to take down the tents and then we had some time for a break and games. We then did Scouts Pace, which is

when you walk up and down the campsite looking for rubbish. At the end of camp we all got certificates".

Throughout the camp Olympic cookies were baked, shelters were decorated, card and board games were played. Eating smores and drinking hot chocolate at a campfire is a highlight of any guide camp and "Camp Olympics" did not disappoint with plenty of smores, hot chocolate and campfire songs being provided. Katie and Emily would like to thank Deirdre, Orna and Joe for supervising the camp and for enabling them to organise the camp.

All of our units will be starting back to regular meetings in the next week or two and we are looking forward to seeing all the Ladybirds, Brownies, Guides, Senior Branchers and Leaders back together for another great guiding year.

For further information on joining our Ladybird, Brownie, Guide or Senior Branch units please contact macroomguides@gmail.com



Bláithín, Grace and Anna at Ardilaun Guides Camp Olympics



Ardilaun Guides on a ramble in Warrenscourt



Ardilaun Guides enjoying a beautiful ramble in Warrenscourt

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MCEGAN COLLEGE

In McEgan College this week we welcomed 48 students into 1st Year. It's a big step on their journey through life and as this next chapter begins for them it is both very exciting and nerve wracking for them. Over the next few weeks they will negotiate, following a timetable & how to move through the corridors full of older and bigger students as they change classroom with the bell, they will be experiencing new subjects and have lots of new teachers and new classmates. In no time at all they will have settled into life as a secondary school student and Primary school will be a distant memory. This is the wheel of life in motion. As these wonderful 1st years begin their new chapter another group of students who recently sat their Leaving Cert exams in McEgan begin their next chapter. We congratulate the Leaving Cert Year of 2024 on the fantastic results obtained in both the Leaving Cert and Leaving Cert Applied. We could not be prouder the lovely young men and women they have become, and we wish them the absolute best in their chosen studies, apprenticeships, and employments.

On Friday 30th August many of the 2024 Leaving Cert and Leaving Cert Applied Students came to the school for a coffee morning with the staff. It was a delight to meet up with them and learn about their plans for the next chapter of their lives.

There have been some staffing changes in McEgan . We welcome Ciara Cummins to the Administration Staff, Ms. Emer McCarthy & Ms. Aoife Galvin (past Student), Mr. DJ Keane, Ms.Caragh O'Neill, Ms. Nicola Collins to the teaching Staff, and Ms. Gabby Dollard (past Student) as Final Year Student Science Teacher.



1A1 students McEgan College 2024

Message from Principal.

Welcome to the academic year 2024/2025. I want to wish a warm welcome to all our new students and staff starting this year with us, but, especially to our first years and thank you for choosing McEgan College. I hope you enjoy your time with us and become part of the McEgan family.

To our Leaving Certificate class of 2024, I know our staff, students and families are so proud of what you have achieved. You are the future, our role models and we wish you all every success. We also will say goodbye and send our very best wishes to John and Patrick from our MGLD class, we will miss you!

Our school continues to grow and strives for excellence and with last year's superb WSE/MLL report from the Department of Education, winner of Best Tech School in Tech Industry Alliance Leader Awards, awarded the full grant for the promotion of STEAM subjects through the DES (science, technology, engineering, art and maths), engagement with the Erasmus programme for the coming year, I think the future is bright.

Finally, to our whole school community, thank you for your continued support and we look forward to the year ahead.

Ms Trish Lynam



Staff and past students from the Leaving Certificate class of 2024 enjoying a catchup at coffee morning on Friday 30th August.



Ms M. O'Leary, Emily, Ms. Lynam, Shaun & Josh enjoying a cup of coffee and some cakes at a coffee morning on Friday 30th for the class of 2024.

MACROOM FLOWER & GARDEN CLUB

Macroom Flower & Garden Club will host a Teaching Demonstration by Breda Crowley AOIFA on Thursday 12th September at Coolcower House Macroom P12E135.

Club Competitions and Sales table. Visitors most welcome. Further details 087-9821708 AOIFA National Competitions will be held in Wexford October 4th to 6th. Please visit Association of Irish Floral Artists website for further details. The Club are celebrating 50 years with a Gala Dinner at The Castle Hotel December 5th Please contact Club officers to reserve your ticket.

Image right: Macroom Flower & Garden Club will host a Teaching Demonstration by Breda Crowley AOIFA on Thursday 12th September at Coolcower House Macroom P12E135



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Ár Meáin Shóisialta

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Iseult Ní Ríordáin, Eimear Ní Shuibhne agus Lucy Ní Aodha ag céiliúradh Torthaí na hArdteiste

MACROOM GUIDE DOGS

Alex Burke chairman of Muskerry Vintage Club and committee members presentation of cheques of €500 each to Macroom Community Hospital Bernie Buckley Matron & Anne O' Mahony and to

Colm Cronin chairman Irish Guide Dogs for the Blind Macroom Branch from their recent Muskerry Vintage Club annual run.



ANNUAL AIB COFFEE MORNING IN AID OF COPE FOUNDATION

AIB Macroom will host their annual coffee morning in aid of Cope Foundation on Friday 13th September from 10am-2pm. Everyone is welcome for tea, coffee, cakes and catch-ups. Please support on the day or by donating through this link www.idonate.ie/AIBMacroom. Funds raised will support people in Macroom to live a life of their choosing.



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ST MARY'S NEWS

A MESSAGE FROM OUR PRINCIPAL

I would like to extend a warm St. Mary's welcome to all our new students who have started their Secondary School journey recently in First Year and throughout the other year groups. Our First Years have settled in really well under the guidance of Ms. O' Donovan and our Transition Year Buddy students. The Buddies have helped the first years navigate their move to secondary school by providing student-led support throughout the school day.

I would also like to congratulate every single member of the Leaving Certificate Class of 2024 on their outstanding exam results. It is great to see the hard work and perseverance of the last 6 years come to fruition.

We also acknowledge the retirement of our SNA Ms. Mary Murphy who has been a wonderful member of the school team here for 20 years. We wish Mary the very best in her retirement.

This year also sees the retirement of our School Chaplain Fr. John Keane. I would like to express our sincere thanks for everything he has done in the school in terms of faith leadership, charity work and providing opportunities for the students of St. Mary's to strengthen their faith including the organisation of pilgrimages to Medjugorje and Lourdes. We wish him the very best for the future.

I would also like to take this opportunity to wish every member of the St. Mary's community the very best for the academic year ahead.

Stephen McLaughlin
Principal



St Mary's 1st Year Class 2024/25. Welcoming our 75 first year students to St Mary's pictured here with Principal Stephen McLaughlin and their Year Head Ms Margaret O' Donovan.

1ST YEAR STUDENTS AND BUDDIES

We are delighted to welcome 75 new First Year students to St Mary's this year, we hope that the girls will be very happy with us. Thank you to our fantastic group of fourth year Buddies who are helping our first years to settle into their new school environment. Our Buddies this year are: Chloe Lehane, Aisling Lehane, Clodagh Murray, Hannah Griffin, Clodagh Browne, Elizabeth Cullinane, Chloe O' Sullivan, Rachel Twomey and Rebecca O' Neill; who have wrote this short report on their first week with the 1st years:

"On Friday, the first years took part in an induction day where they met their year head, principal, vice principal and buddies. They received their locker keys,

decorated the timetable in their new school journal and enjoyed a day of bonding activities including musical statues, benchball, and chain tag. On Monday, the 1st years spent the morning labelling their new books and organising them into useful subject folders. In the afternoon they met the first of their teachers in their classes. On Tuesday, they did Just Dance with their buddies at lunch and that evening they received their individual school Google accounts. Thursday they spent lunch playing a game of school bingo with their buddies."

The Buddies are a massive support to the first years and we thank them for their commitment to St Mary's.



Huge congratulations to St Mary's Leaving Cert. Class of 2024 on their fantastic results. Pictured here with their Year Head Ms Margaret O' Donovan.



St Mary's TY Buddies 24/25. Front row L-R: Aisling Lehane, Chloe Lehane, Clodagh Browne and Rebecca O' Neill. Back row L-R: Clodagh Murray, Chloe O' Sullivan, Hannah Griffin, Rachel Twomey, Elizabeth Cullinane and Ms Margaret O' Donovan.



Shona White (Macroom) Sarah Fitzgerald (Kerry) Jane Tupper (Farran), Eve O'Sullivan (West Cork) Cork and Kerry graduates from University Limerick as they reach for the stars with hats in the air, having recently graduated with Bachelor of Arts Degree's in Criminal Justice and Law Plus



Joe and Lucie Kelly Ballymakeera on their first day of school with their Great Grandpa Joe Kelly Coolea.

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- Monday Evenings Adult Painting for Beginners
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- Tuesday Teen Art Class
- Beginner Crochet Wednesday Mornings
- Beginners Knitting Thursday Mornings
- Friday mornings Advanced Painting
- Saturday Junior Art Class 5-8 Years
- Saturday Senior Art Class 8-12 Years

Drama Classes

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BENGOUR HARVEST FESTIVAL

Tractor & Car Run is on SUNDAY SEPTEMBER 15 th 2024 -Registration at Barrett's Pub Colleen from 11.30 am. All Welcome . " In Aid of Marymount Hospice, Aid Cancer at CUH & Breakthrough Cancer



Judging in the Tidy Towns Competition for 2024 is now completed. Hopefully we will retain our silver medal status, so that we can aspire to gold in the future.

Some years ago we dropped back from silver to bronze but have got back up there again, but this takes a mighty effort. A silver medal means that we are within 10 marks of the overall winner, while a gold medal means that we are within 10 marks of the National winner.

Macroom's entry is in Category D town size, for populations up to 5,000 and we are judged in the South Cork area. The other areas are North Cork and West Cork. We would like to thank everyone that has cooperated so far. We would like to hope that the good work done is kept up throughout the year particularly those premises that have provided nice floral displays, thank you, and this adds significantly to the town's appearance.

Muskerry (Cork) CE Scheme have a position available for a person to work with Macroom Tidy Towns. To be eligible for it, one must be unemployed and qualify for a CE Scheme. It will

be 19.5 hours weekly with holiday entitlements and some flexibility in terms of hours worked. Person will retain all present Social Welfare Benefits Medical Card & Christmas Bonus (If Applicable). For further details contact patm@muskerryproject.ie or Phone 087 3520351.

It has been a busy few weeks for Macroom Men's Shed. Recently a former resident Finbar O Leary from Codrum but now living in Dublin made a visit to the volunteers as too did his brother Gerard O Leary and his son Tadhg both now living in Wexford. On their departure both received a bag of kindling. The bags of kindling are one of the most popular items to be purchased. On Wednesday the September 28th the Shed members held a BBQ. The large attendance really appreciated this nice and relaxing get together. There were burgers, Sausages, Chicken, Salads and plenty more to keep everyone well feed. A big thanks to Larry Buckley from Mai Fitz's Lissardea whom so generously sponsored T Shirts with the National Men's Shed logo engraved into them. Thanks very much Larry, it is very much appreciated.

Over the Summer Months James, Sylvester and Kieran were busy doing maintenance work in Bealick Mill. They were painting, cleaning, planting and de weeding along the mill run. Well done to them for the fantastic work.

Tidy Towns volunteers have been busy over the last couple of weeks with Litter Picking, General Maintenance, cutting grass in the green areas of housing estates, replacing the decking on

the Flower Boxes in Fitzgerald Street, further construction work on the Famine Memorial Project by the river, stewarding for the annual cemetery mass, planting trees and trimming in St Coleman's Park.

A huge additional project is currently being worked on and that is the new pathway/cycleway along by the banks of the Sullane from the Weirs to the Town Park. The original path here was narrow and grass encroaching from the sides and too narrow for two people to walk side by side. One had to step on to the grass to allow people to pass. The new development is being carried out in co-operation with the GAA and the Co Co who are administering the funding under a Climate Action Funding Programme. In order for the contractors to work on this, our Tidy Town Volunteers had a lot of work in planning and preparing the area. Sponsored seats that we erected over the years at different times all had to be removed to allow this new pathway to be laid, and these will all have to be reinstated again when the current works are completed. Likewise all the outdoor gym equipment had to be removed from this area and all this equipment is now in temporary storage. This new development will be a huge asset and a major addition to Macroom's amenities, something to be enjoyed by all.

Come and join us some Saturday Morning at 9am in our base in Masey town and are always open for new people joining in and helping with the work. If you have any questions feel free to contact Lisa at 087-1434770.



Macroom Men's Shed with Larry Buckley from Mai Fitz's Lissardea



John Griffin, Janet Shine and Paddy Buckley preparing for Macroom Men's Shed BBQ



Gerard and Tadhg O Leary from Wexford Visiting Macroom Men's Shed



Macroom Men's Shed with Finbar O Leary a Former Macroom Resident with his bag of Kindling

9 Signs Your Spine May Need Attention

Did you know that your spine influences your overall health? It provides structure, support, movement and it affects the communication between the brain and body. Here are some signs your spine may need some TLC.

1. The soles/heels of your shoes wear out unevenly. This can be due to uneven leg length or stress along the length of the spine.

2. You can't take a satisfying deep breath. Breathing, spinal health, and energy are all interrelated.

3. You have to "crack" your neck, back, or other joints often. This is your body telling you that something is out of alignment.

4. You can't twist or turn your head or hips to either side easily and equally. Reduced or restricted ranges of motion are signs of a misaligned spine.

5. You have poor posture. Look in the mirror from the side and assess your overall alignment. Forward head posture and rounded shoulders are a sign of poor posture.

6. You have headaches, back ache, sore or tender spots in muscles or joints. All are common signs of a spine out of alignment.

7. You feel stiffness in your back or neck. Stiffness may be a sign of degenerative changes in your spine.

8. One leg appears shorter than the other. Keep your shoes on, and lie down. Have someone stand behind you, look down at your feet, and gently push your heels toward your head. Compare where the heels meet the shoes. One foot may appear anywhere from 1/8" to 1" shorter than the other.

9. You just don't feel right, you're in general poor health.

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Dates for your Diary

• **September 6th** Independence Museum Kilmurry Lecture - From Treaty to turmoil – Ireland's road to civil war – talk by Gerry White. Venue: Kilmurry Museum @ 8pm

• **September 13th** AIB Coffee morning in aid of COPE Foundation from 10am-2pm in AIB Macroom

• **September 15th** Muskerry Vintage Club will hold its annual charity run, registration €20.00 from 10am to 11.45 in the College car park next door to the Abbey Hotel Ballyvourney, presenting of trophies at 11.45 moving off at 12 noon refreshments at registration, all proceeds will go to local charities, your support is much appreciated.

• **September 22nd** Kilmurry Museum Rebel Rally Run 2024. Vintage and non-vintage cars welcome. Enquiries to KHAAMUSEUM@gmail.com or 0217336932. Entry €20

• **September 26th** The Annual Coffee Morning in aid of Marymount Hospice takes place in the Independence Museum Kilmurry on Thursday 26th of September 2024 from 9.00am to 2.00pm. All welcome

• **September 27th** The Ballinagree Scarecrow Fest Committee will host a Bingo night in the Laine Bar, Ballinagree on Friday September 27 th at 8 pm sharp. A raffle will also be held on the night. All welcome

Paralympian Monica's medals shine Bright *After 40 years*

Forty years after USA president Ronald Reagan presented Cork's Monica O'Kelly with her Paralympic silver medal, she gathered with her fellow residents at the HSE-run Farranlea Community Nursing Unit to celebrate - and watch the 2024 Paralympics.

In 1984, Monica celebrated her 21st birthday by winning a silver medal for swimming and three bronze medals for shot putt, club throw and slalom at the Paralympics in New York. The following year, she won two gold medals for swimming at the European Championships in Vienna and competed internationally for eight years in total.

Four decades later, staff at the HSE Farranlea CNU staff hosted a green, white and gold-themed garden party for all 80 residents to coincide with the start of the 2024 Paralympics, which has 4,400 athletes competing in 549 medal events, across 22 sports.

Monica has been a resident at HSE Farranlea CNU since 2013: "Coming from home to here was nerve-racking, a huge change, but I found ways to settle. I get a lovely breakfast every day and I feel a lot better now. The staff are very good to me. My family is very supportive as well."

Clinical Nurse Manager, Mini David, says Monica loves life: "Monica is so famous, such an inspirational lady! She just loves her family and social life; putting on her make-up and going out with her brothers for a sneaky KFC. She's such an intelligent lady, always doing quizzes and she loves Elvis."

Monica's brother David O'Kelly said: "Monica was one of the first residents of the Cedar Unit at Farranlea in 2013 and we are so grateful to the team who care for her multiple needs so well. They are absolutely fantastic with her, so professional, and there's great communication between us and the care team. She's very lucky and this party was a great celebration."



Another of Monica's brothers, Vincent O'Kelly, says: "I was always her sidekick as we are the two youngest and I remember well travelling every week to training camps and sleeping on the floor! We are always very proud of her and her achievements."

Monica grew up on the Old Blackrock Road in Cork and started representing Ireland young: "I loved horse-riding and when I was nine, I was picked to go to Amsterdam and ride in front of the Irish Ambassador to The Netherlands," she recalls.

In the summer of 1983, Monica was invited by Cerebral Palsy Ireland to train at the Sandymount Clinic: "I travelled by bus every weekend and slept in a sleeping bag on the floor in order to train and reach Paralympic standards," she said.

When Monica was chosen for the Irish Paralympic team, her family rallied to fundraise for her and

others to make the trip, organising a bike ride from Shannon to Cork. Local sponsorship and support also came from local businesses and sports clubs.

"My mother and aunt came with me to New York and I spent three weeks there. The athletes got up every day at 5:30am and trained until 4pm; the only breaks were to eat. It was tough but then Ronald Reagan opened the Games and it was brilliant experience," Monica said.

"I am looking forward to this year's Paralympics in Paris. I did watch the Olympics and was very happy with the swimmers who won medals for Ireland, Mona McSharry and Daniel Wiffen. Who is my favourite? Oh the man Daniel!" she laughs.

KILMURRY HISTORICAL AND ARCHAEOLOGICAL ASSOCIATION

After completing our ambitious museum Courtyard upgrade we celebrated the opening of this great new facility for Independence Museum Kilmurry, and for the local community, with an outdoor concert in the new Museum Courtyard facility on Saturday August 24.

Included in the guests at this event were Aindrias Moynihan T.D., Conor Nelligan, Heritage Officer Cork County Council, etc.

Artists included, Newcestown Ceoltóirí Chualann, Terry Datson, Noel Howard jr. & Noel

Howard sr., Nealie Collins, Jim O'Mahony and Diarmuid Grainger.

Completion of this Courtyard Development is a realisation of the Independence Museum Kilmurry objective to provide a venue for outdoor activities in Kilmurry village and the surrounding areas. The complete refurbishment of the Museum Courtyard, includes provision of:

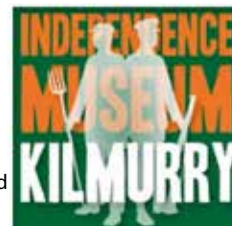
- New Courtyard Entrance Gate.
- Courtyard Lighting and Heating.
- Demountable Parasol, c/w side panels for all weather

usage.

- Coffee Machine and general catering facilities.

We would not have been

able to undertake this ambitious project without the generous sponsorship of EirGrid under their 'Clashavoon Dunmanway Community Benefit Fund' scheme' and, on our own behalf and the Kilmurry community we would like to express our sincere thanks to them for awarding us this grant.





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Kilmurry Active Retirement

KILMURRY ACTIVE RETIREMENT ARE BACK

Some people think that the Summer is May, June, and July. Others think it is June, July, and August. I'm hoping it will be September, October, and November, as we have much planned, both outdoors and in.

Welcome back members. But to those of you who are not yet members, we want to let you know that while we are always welcoming new members throughout the year, we offer a special rate membership fee of just €12 from September to the end of the year. You may be wondering what we get ourselves up to and the kind of activities we engage in, and what you may expect to get out of joining us. Connection, fun, friendship, greater fitness and wellbeing, and new opportunities and experiences are the common outcomes. For a flavour of our activities, this is what we will be up to during the first weeks back since our usual summer break.

On Mondays, courtesy of our sister association in Coachford, our members can try out bowls on Mondays 10.15am. Also on Mondays, the Better Balance / Keeping fit for the future course is restarting. Since better balance is correlated with longevity, this course is mainly for those who have an interest in staying well and for longer. Thanks to Cork Sports Partnership, we have courses running this autumn in both Kilmurry and in Crookstown. If you have not already booked you are now too late in trying to get a place in Kilmurry on Mondays at 7pm starting on 16th September, but you may be lucky and get one of the few remaining places in Crookstown starting at 5.30pm also on the 16th September.

On Tuesdays, at 1.30pm we are starting a course of exercise and fun with activator poles, with our experienced tutor Mary Kelleher. This will start at the

walkway in Crookstown, (courtesy of Kilmurry GAA). We hope to venture further as the weeks go by. The five classes will have a participant cost of just €15 in total. Thanks to HSE for grant support.

On Wednesdays, courtesy of the Castle Hotel, Macroom, our members can attend, at a concession rate, the aqua aerobics classes at 10am. Each Wednesday afternoon from 2pm to 4pm we have activities which vary each week. On the 18th September however we will have a little time variation. We hope to be having our coffee crawl and leaving by bus a little earlier than usual, 1.45pm, from the Independence Museum, Kilmurry. We hope, weather permitting, to be enjoying a visit to one of the gardens on the West Cork garden trail. We will be stopping for the coffee and scones on the way home and we hope to be back around 4.15pm.

Our Zumba classes are on Wednesdays at 6.15pm, starting 18th September. Zumba gold, is as far as is practicable, tailored to accommodate the fitness level of the participating group. These classes will run for ten weeks and the sessions will last for forty-five minutes. Our very popular tutor is Yvonne Murphy. The fee for the ten sessions is just €50 for current members and €62 for non-members which includes our membership fee for the remainder of this year, as membership is required for insurance purposes. All are welcome.

Upcoming activities

Other activities including bingo, cards, scotch, phone course, yoga, tai chi, meditation, ceramic art, outings and visits, talks and information sessions etc are being planned. We provide updates to our members on a weekly basis on our activities for the following week.

We don't usually have activities on Fridays to Sundays, so as not to impinge on family time. However, for bus tours or meals out we tend to break such rules. As an example, and as a reminder to our members, please tell your offspring that they may look after their children on the last Sunday evening in November, as that is the date that the committee has chosen for our Christmas party.

Currently our association has seventy-five members. This enables us to try to ensure that we have such a wide enough range of activities going on so that members can pick and choose those activities that best suits their particular interests. Twice each year the members are surveyed so as to tell the committee the future activities that they want organised.

Should you be considering joining us, our association is open to all, and now is a great time to join. And you can try it out for the rest of this year for just twelve euro. Our philosophy is that age makes no difference, but health does. We try to do what we can to keep healthy and challenged in body and in mind, and together that is easier. You will be kept as busy as you choose to be and positively engaged in the community, and we think you will enjoy it. If you haven't got transport don't let that put you off. We may be able to provide the means to get you to and from our Wednesday activities and perhaps some other activities.

There are several active retirement associations in the Lee valley. If you are interested in finding out more about an association, which is closer to you than we are, we can put you in contact with the right secretary for your locality, or if you are interested in starting an association, there is support for that too. For more information contact Aidan at 0894057676 or aidanpbarry@outlook.com



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The Place to be this *September*



Listowel Races launch campaign to showcase the wonders of North Kerry and Listowel Town, as they prepare for 166th annual Harvest Racing Festival

This week, Listowel Race Company launched a video campaign which showcases some of the magic and beauty of the North Kerry landscape; the historic and storied past of the vibrant town of Listowel and, most importantly, the wonderful, warm welcome and festivities that await all ages as preparations proceed in earnest for the forthcoming Harvest Racing Festival from Sunday 22nd to Saturday 28th of September.

The campaign features well known local faces including horse trainer, Eoin McCarthy, publican and writer, Billy Keane, Chairman of Listowel Race

Company, David Fitzmaurice, Secretary/Manager Brenda Daly, Head Groundsman Dan O'Connell, Enclosures Manager, John Sheehan, jockey Aoife O'Brien and this year's judges of the McElligotts Kia Ladies Day Rosanna Davison and Heidi Higgins. Featuring dramatic footage of the spectacular scenery off Bromore cliffs, horses riding out on Beale Beach and drone footage of Listowel Town, the core message of the campaign is when you come to the Listowel Races it truly is a complete experience as there is so much to do and see in North Kerry by day and by night!

The concept for the campaign was developed by Orla Diffily and produced in association with George Doyle and Paudi Cronin of Neustock Media. It was filmed over approximately 2 weeks from end of July to early August with the crew utilising every sunny day to full advantage. It has a "movie" cinematic texture so as to make it visually appealing and already has over 100,000 views on social media platforms.

Ultimately Listowel Race Company hope it will bring the wonders of the Region and the Races to new audiences locally and nationally.



Presentation of cheque to Hope Foundation

Presentation of cheque to Hope Foundation representative Elle O'Sullivan with Main Sponsors Henry Murphy and Killian Lynch and Club Officers Collette O Riordan and Aoife Lucey



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LAURA BUTTIMER, TOAMES WEST MACROOM ALL IRELAND CAMOGIE WINNER

Adult camogie winners from around Macroom are rare but Laura Buttimer achieved that distinction in 2024. She played at midfield for Cork Intermediates who beat Kilkenny in this year's All-Ireland final and congratulations to her.

Just twenty-one this year, Laura has been playing camogie for many years. She attended Terelton National and benefitted from coaching by Tomás Healy, the retired Headmaster. Coachford Community College has produced many fine players in recent years and Laura maintains that tradition. Her home club is Cloughduv and she plays football for St Val's, its sister club. Cloughduv boasts past Cork stars such as Stephanie and Lynn Dunlea, Briege Corkery and Orna O'Callaghan among its 'graduates'. Laura follows in their footsteps. Her uncle JJ Buttimer was a fine footballer for Kilmurry in their recent halcyon Intermediate years and her maternal grand uncle Jack Lynch was a member of successful Kilmichael Junior teams of the 1950s/1960s.

Studying and playing camogie together are demanding. Laura is a student of Physical Education and Mathematics in Limerick University and plays camogie there. Happily she is able to pursue successfully both pursuits. Camogie involves training several nights a week and games at weekends. Training is rigorous and for top teams

demands strength and conditioning, special diets and mental preparation. Ipso facto it excludes many normal enjoyments of late teenage and early twenties life. The sacrifices are big but Laura enjoys it; the camaraderie and success makes it worthwhile.

Her parents Donncha and Sheila and her family are immensely proud of her achievements. Congratulation and best wishes in your future sporting and academic endeavours.

Sources: Laura Buttimer, her mother Sheila, RTÉ and Billy Culleton Photography Con Kelleher.



Camogie All-Ireland Intermediate team photo. Pic. Billy Culleton Photography

CLONDROHID NEWS

SEAN KEANE IN CLONDROHID COMMUNITY HALL: Sean Keane returns to Clondrohid for a great night of music etc., on Saturday Sept 28 at 8pm. Doors open at 7.30pm

Tickets €30 + booking fee @ www.gr8events.ie. To avoid disappointment book on line ASAP, There will be a limited amount of tickets available locally. Please note, no designated seating. There will be a raffle for the Community Hall on the night.

Great night assured

SINGING IN THE TAVERN: This group of entertainers who meet for a chat and a sing song every second Monday night in the Tavern Clondrohid will meet on Monday night Sept 9 from 9pm. They would love to see you there. If you can't make it that Monday night they will be there on Monday Sept 23 from 9pm.

CLONDROHID DEVELOPMENT GROUP: This Group are meeting up again for a few weeks, weeding and tidying through the village. They would love you to join them for an hour or so on this Thursday night Sept 5 at 7.30pm. Meeting up in Community Hall Car Park.

If you not available, and live in the village, it would be great if you could keep the area outside your house weed and litter free. With no CE worker available to this group at moment all help is much appreciated. Thank you.

CLONDROHID ACTIVE REIRED: This Group will be meeting again on Wednesday Sept 18 at 10 am in Community Hall with their always much enjoyed Coffee morning. Plans for events for Autumn and Winter will be discussed. Hope to see all members there

CARRIGANIMA FUN RU/N/JOG: A great crowd turned out on a glorious day for this annual event in aid of Macroom and Millstreet Hospitals. Beautiful refreshments available after walk. Well done to all. More on this later

LEAVING CERT RESULTS: Every good wish to everyone in the parish who received Leaving Cert results last week, The best of luck to ye all as the next stage of your future commences

RETURNING TO SCHOOL: All the best to those who returned to their schools after the long Summer break, and a big welcome to those starting out in either Pre School, or Main Stream National and Secondary Schools.



Members of the very talented dancers, singers and instrumentalists of Newcestown Comhaltas Ceoilíri who entertained the audience at the launch of the Independence Museum Kilmurry Courtyard Patio last Saturday.



Guests at the Courtyard Patio launch, L to R, Peggy Howard, Terence McSwiney, Brid McSwiney, Fiána Barry, Kathleen O'Shea.

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BOOK *Launch*

Memories of Coláiste Íosagáin, Baile Mhúirne

Saturday 21st September 2024 at 6PM



The book launch of Memories of Coláiste Íosagáin will take place in the Abbey Hotel, Ballyvourney on September 21st 2024.

Seán Ó Sé, who was a former pupil of the school, will be Launching the book.

All past students who attended the Coláiste from 1940 to 1989 are invited. Descendants and relatives of students are also most welcome.

Book Launch will take place from 6-8pm and will be followed by dinner.

Entry to the Book Launch will be free of charge; the cost of the dinner will be €35.

Books can be pre-ordered on iosagainbailemhuirne.com website.

Rooms are available at:

- Abbey Hotel, Ballyvourney 026 45324
- The Mills Inn, Ballyvourney 026 45237
- The Castle Hotel, Macroom 026 41074

Please contact the hotels directly for reservations.

UIBH LAOIRE NOTES

Successful Summer School.

There was a big attendance each evening for the Daniel Corkery Summer School of 2024 held in Inchigeela. And no wonder. It was entertaining; it was educational; it had humour. There were two lectures, there was lovely music, a hilarious Drama from Clare, a film from Japan and an art exhibition and very importantly it was held in a most relaxed atmosphere. The week opened with a lecture by Attorney and Journalist, Sean O Driscoll on the infamous Rose Dugdale. Sean has done a study and written a book on Dugdale, who died earlier this year. What was especially interesting was that he dealt with the background to this London heiress, turned freedom fighter and he showed the vulnerable side to the young woman who frightened Ireland 50 years ago. Or was she "radicalised" as we call it nowadays? His book "Rose Dugdale, Heiress, Rebel, Vigilante, Bomber" makes very interesting reading. Day 2 dealt with the Inchigeela connection to the Atomic bomb, dropped on Japan. Strange as it may sound, Michael Moore who worked on the development of Atomic energy, with Openheimer, was in our parish about 100 years ago as his father was a police sergeant in the Inchigeela Police Barracks. Young Moore went to England, became a scientist and worked on the creation of atomic energy. He must have been broken hearted at the use to which it was put. But there was another amazing connection with the past: the man who presented the lecture Michael Horgan, is the grandson of Sergeant Daniel Maunsel, whose shooting dead on the street in Inchigeela over a century ago, brought replacement Sergeant Thomas Moore to our barrack. Day 3, Music night was on the work of Charles Villiers Stanford, "Songs of old Ireland" with pre- concert talk by Dr. Adele Commins.

This was indeed very enjoyable and the acoustics of Inchigeela's Lee Valley Outlet was ideal for a very special, memorable night. For the final evening, the award winning Cratloe, Co Clare drama group nearly brought the house down with "A Wake in the West". A corpse in the bed is being waked, centre stage, and neighbours gather around. But one toothless old woman has her eye on stealing his dentures for herself! Need I say more? A big bualadh bos to the Creedon family and to their friends who organised a great week.

Festival

One final mention on Festival 2024. Big Well Done to all organisers and all volunteers and all who supported in any way. And we cannot forget the many hundreds who came from near and far to enjoy the two weekends. Thank you all.

Inchigeela Hall

Coming 15th September Dancing to CHECKERS. Don't forget 3pm to 5.30 Admission only €10
Bingo Friday nights and cards on Sunday

Yoga with Aoife

Mindful Hatha Yoga to encourage space in the body and mind. Starting in Tuesday 17th September in Inchigeela Hall at 7.30pm. €10 per class or €50 for 6 classes. For more info email aoifewilliamson@gmail.com

Vintage Rally

The annual vintage biking rally stopped in Inchigeela for a break and some refreshments this week. Riders and bikes are from all over the world and it's amazing how they keep the old machines in tiptop condition. The older folk among us will remember with some nostalgia how the air filled with the lovely smell of oil smoke and the thumping of the engine of

old bikes as it thundered along in days gone by. Can you imagine the ground-shaking sensation, as they entered the village, on a sunny day, recently, and the deafening roar as the engines were kick started after the riders had taken their break, to head for the Top of Coom and on to Kerry.

Leaving Cert

Well done to staff and students who did their Leaving Cert in Scoil Mhuire Beal Áthan Ghaorthaidh agus go neirí go geal libh go léir ins an toghchaí

World Class

Congrats to band leader Con Houlihan and to Cullen Pipe Band on their success at the world piping competition in Glasgow recently. Three drummers from Béal Átha pipe band also play with Cullen in Competition, Doireann Ní Laoire, Eddie Attwell and Flor O Cróinin. It surely is a great achievement for two small village bands that they can proudly compete with the best in the world?

Oscailt Oifigiúil

Bhí ocáid deas i mBéal Átha nuair a d'oscail an Cóirleóir Contae, Mícheál Ó Críodáin, An Súgán go hoifigiúil. It's envisaged that the Súgán will hold a collection of memorabilia of the Revival of the Irish Language and the setting up of Coláiste na Mumhan in the early nineteen hundreds.

Ranganna Ceoil

Cloisim go mbeidh ranganna ceoil i mBeal Átha sar i bhfad. Má tá suim agat ionta no má tá eolas uait, cuir glaoch ar (085)1926783



Inchigeela man Joe Creedon 2nd from left with Scottish biker rally friends



Ardilaun Guides busy with their camp journals at Camp Olympics in Caum



Welcoming home the 2 World Plough Men Ger Coakley and Eamonn Treacy



Jer Coakley Clonakilty, who won Gold in the Senior Reversible World Ploughing in Tartu Estonia on August 17. Supporting Ger in Estonia was Connie Buckley chairman of Macroom Ploughing, and John Kelleher President of Macroom Ploughing

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Killarney Races

August Festival highlights

Another fantastic festival took place at Killarney Races last week when August Festival delivered a fun-filled programme, super crowds, spectacular views, top-class racing and an atmosphere that was not to be missed.

Celebrities descended on the racecourse during the festival include Marty Morrissey, Lauren Arthurs, Aidan O'Mahony and Hector Ó hEochagáin to mention but a few. Here are some of the highlights of the successful three-day festival.

Thursday's feature race the GMB Handicap Hurdle of €45,000 won by Miss Fourie for owner Aisling Molloy, trainer Peter Fahey gave jockey Jake Coen his biggest win over jumps to date. Fahey commented "Her form this year was good and she ran a cracker at Galway but before that race, she ran off the bend at Sligo when I think she should have won and at Tramore the last day, I thought it was an easy target but she did the exact same thing. She is just a little clever but is grand going this direction and is a lovely filly. To be honest I was 50-50 on whether to run or not, due to the rain, but I said to Aisling (Molloy) that we might as well chance it as her season could be over if we get much more rain after this. It worked out great and I'm delighted for Jake who is a good little rider."

On Friday English trainer George Scott saddled his first ever Irish runner at Killarney, a long journey that paid rich dividends when Prydwen won the Kelliher's Toyota Kingdom Gold Cup Handicap of €45,000. Scott commented "The world is a small place now and it is very important to travel horses and find the most appropriate races. To come to a beautiful track like this is a privilege although it was a mission to get here! The lads came over with the horse a couple of days ago and did a great job, as he is a nervous horse so settling into life here has helped him. He has trained on the track both days and has enjoyed it. It took 18 hours for the horse to get here and for a nervous horse, he was great. We want to travel him during the Winter so it was a good test. The horse had been running in very strong races but it was looking like he was an all-weather specialist, although got a beautiful, unbelievable, perfect ride today. I thought the ease in the ground was a negative but it worked really well for him. The owners are great supporters of mine so to give something back is important and he is a special horse who has won a lot of prizemoney."

On Saturday, jump racing took center stage to a packed crowd of enthusiastic racegoers and socialisers. Saturday's feature saw Walnut Beach continue a fruitful summer campaign for Pat Flynn, as he landed the feature at Killarney Races, the Listed O'Donoghue Ring Collection Handicap Chase. Successful on his seventh try over fences at Clonmel in June, the Free Eagle bay since finished down the field at Gowran and Galway respectively. Back over fences for the first time since that Clonmel triumph, the versatile seven-year-old was sent off a 12/1 chance under jockey Gary Noonan. "It was a lovely pot to win and the horse was electric the whole way around. We quickened up going down the back straight and it turned into a slog but he stayed galloping. I had won on him over hurdles and rode him at Galway the last day but we couldn't put our finger on why he ran so flat. He came here in good form today and Pat (Flynn) fancied him."



O'Donoghue Ring Collection Best Dressed winners Elaine O'Sullivan & Tom McGillycuddy.

Saturday was also O'Donoghue Ring Collection Best Dressed Day which brought the glamour stakes to Killarney Races as fashionistas brought the curtain down on August Festival in stunning style. Fashion savvy racegoers turned out in their droves to compete for the coveted title of O'Donoghue Ring Collection Best Dressed Best Dressed Lady and Gent. The fashion was fierce and judges Lauren Arthurs and Aidan O'Mahony had a tough challenge selecting their finalists.

Elaine O'Sullivan was the lucky lady deemed most stylish on the day. From Kilcummin, Killarney, Elaine's stunning look was a chic black dress from Karen Miller paired with matching Christian Dior shoes along with a white head piece she bought through Depop and she even included a bag from Penny's to complete the look.

Elaine O'Sullivan commented on her big win saying, "I'm absolutely thrilled, I couldn't believe it when I was announced as the winner. Thank you to the judges Lauren Arthurs and Aidan O'Mahony, the O'Donoghue Ring Collection and Killarney Races for choosing me."

In the gent's category, Tom McGillycuddy from Killorglin came out on top with his winning look, a brown suede suit coupled with a cowboy hat and brown shoes. The lucky pair's prize included a luxury escape to Kerry including a three-night stay in a newly refurbished suite at Killarney Plaza Hotel & Spa, atmospheric dinners with champagne, spa treatments, whiskey tastings and quintessential Kerry excursions.

Killarney Races has one final weekend meeting to look forward to on October 6th & 7th, so if you're looking for a proper day out this Autumn then look no further all details at KillarneyRaces.ie and on social media.

CNOC AN TOBAIR

In preserving local history and customs, the KHAA is leading a field trip to Cnoc an Tobair on Sunday 8th September at 11 am from Independence Museum Kilmurry.

Situated in the townland of Ballymichael in the Parish of Kilmurry, is a holy well dedicated to Our Lady where for centuries people from near and far have gathered to do the 'rounds' on the 8th of September.

Cnoc an Tobair translates as Hill of the Well, overlooking the N22 where, on a clear day, there are views of the faraway mountains and hills. Indeed, nearby one can literally feel on top of the

world, in experiencing a full 360 degrees. Tradition has it that during the Penal Laws, locals gathered here in secret at a Mass Rock when Catholics were prevented from practicing their faith and there was a price on a priest's head. Close by are boulder burials dating from c.2000 - 2500 BC and we will also have access to a nearby stone circle. Bridget Goulding will be giving the talk at Cnoc an Tobair, following which Terence McSwiney will give a talk on the ringforts in the vicinity. Walking shoes are advisable and rainwear if inclement weather.



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Mark Walsh - Over all winner leading all the participants - West Muskerry A.C. 5k



It was a very exciting night for West Muskerry A.C. on Tuesday the 13th of August last when they organized a 5K around the beautiful town of Macroom. A lot of planning went into the organization of the race and it was an extra special celebration for the club as they celebrated their 40th birthday.

Ted O'Herlihy and Martin Coughlan, 2 of the founding members of the club 40 years ago were the guests of honour and they started the race. Both were coaches in the club for many years.

The club would like to give a huge thank you to our main sponsors **Killian Lynch Auctioneers and Matt Murphy Pharmacy** who were delighted to come on board. There is a lot of expense following the running of such an event and both businesses were very happy to help out and support.

Also thank you to our Kilometer sponsors, **1K Mid Cork Pallets, 2K Gerald McCarthy Engineer, 3K Tim Buckley Dentist, 4K C. W. Ashe Solicitors and 5K Tony O'Sullivan Architect** and the sponsors of our prizes **Firebird, Tus Geal Electrical, The Phoenix Clinic, AIB Bank, Bank of Ireland, OM2 Auctioneers, ECC Timber, Occasions in Print and HAI Civils.**

The club always support a charity and this year it was the **Hope Foundation** and a donation of €1000 was presented to Elle McCarthy Fundraising Officer of the Hope Foundation who was present on the night of the race as a Volunteer stewarding and helping out with registration.

The race could not be run only for the help from the Community and the Club. We are extremely grateful to the Macroom Gardai for the assistance in the run up to the event and on the night of the event. The Macroom Fire Brigade who followed all the athletes around the course and made sure there were no injuries, The Red Cross Ambulance who were on standby at the finish line and all the Volunteers from the Club and the Volunteers from Macroom Tidy Towns who maned junctions which helped with the smooth running of the event.

A special mention to the Macroom Community Leisure Centre who went above and beyond to facilitate us with providing a room for Registration and also the Astro Turf area where we served teas and coffee, sandwiches and cakes after the event for all the competitors and volunteers to chat.

The Community came out to support and cheer on all the competitors who came from all over Ireland to run in the event. Murrays Bar passed out cups of water to competitors when they were passing up through the town. There was a great buzz around and the weather also held with the sun shining down on all.

Thank you to Premier Timing Systems for the timing of the event. The Male winner was Mark Walsh of Leevale A.C in a time of 15.56, 2nd was Barry Minnock of Tullamore Harries in a time of 16.34 and 3rd was Darren Coleman of Mallow A.C. in a time of 17.05 and the Female Winner was Hannah Steeds of Leevale A.C in a time of 17.49. 2nd was Breeda McGinn of Aghabullogue in at time of 19.39 and 3rd was Ann Riordan of West Muskerry A.C. in a time of 21.09. Mark Wash was presented with the Esther Enright cup and Hannah Steeds was presented with the Macroom 10 cup. Both enjoyed the Gluten Free West Muskerry A.C. 40th Birthday cake which went down a treat at the end of the night.

We would like to thank all who helped in any way to make this year a memorable 40th celebration for the club and also the success of the West Muskerry A. C. 5k.



Refreshments at West Muskerry A.c 5k Prize giving



Exercises before the West Muskerry 5k



Emma Flynn North Cork 3rd Female Under 18 & Liam Neville W.M. A.C



Hannah Steeds Leevale A.C. Winner of 1st Female over 18



Hannah Smith 2nd Female Under 18



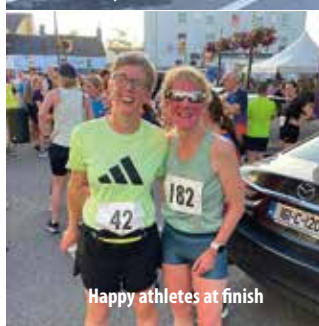
Donal Twomey Chairman presenting 1st Wheelchair Jerry Forde



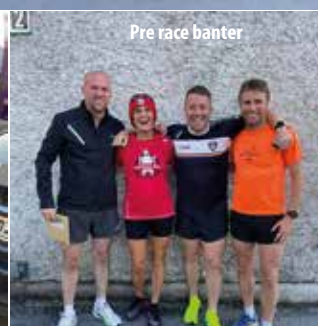
Macroom Tidy Town Stewards



Over all Male and female winners Mark Walsh and Hannah Steeds



Happy athletes at finish



Pre race banter



The Neville family

We hope to see ye all next year on August 12th 2025.

Think Globally, Act locally - THE VITAL IMPORTANCE OF HEDGEROWS

Hi Chris Barrett here once again. This time I have the pleasure of picking the brains of Dermot Robinson from the Robinson Farm in Cloughduv.

Some people will already regularly enjoy the vegetables that are produced throughout the year on their farm and which they have sold for about 25 years in Macroom on a Tuesday, and Cork city on a Saturday.

I was fortunate enough to attend a farm walk on their land in Mid July this year, and to hear from Dermot how hedgerows are fundamental to what they produce both outdoors and in their tunnels. Dermot reminds us that the most important feature from an agronomic perspective (his choice of language - not mine!) is that hedgerows shelter a field.

They do this by slowing wind speed. The reduced wind speed also has the additional advantageous effect of slowing the spread of pests and diseases. This is because hedgerows also act as a barrier.

Anyone who has put washing out on the line in a day of reduced wind will be well aware that there will be less drying, due to less evaporation. So reduced wind speed, though annoying to a clothes dryer, is beneficial to crops as it stops the soil drying out so quickly.

Hedgerows can provide a wildlife sanctuary for insects, bugs, bees, worms and fungi which may not find a well-tilled field will provide such a haven for them.

Larger animals will use hedgerows as wildlife corridors, and these will suffer negatively if there are too many breaks in hedges for access points and driveways etc.

An additional aspect of hedging is that as well as bringing greater biodiversity into a farm, it will hold carbon in the ground.

Dermot and his family have been discerning with their choice of hedging plants. They choose to plant different hedging plants depending on the location on the farm. An example of this will be seen on higher land, where they have planted Scots pine and Sitka Spruce for shelter in these higher fields. When they plant hedgerows they always plant for bio-diversity rather than taking the position of being over-reliant on one species of tree. The reasoning behind this over-reliance on one species reminds us of the devastation caused



Chris Barrett Article, Importance of Hedgerows with Dermot Robinson

in the potato famine. We can learn from this today. There is a blight that effects the trees in Kilmurray woods (Phytophthora). This blight has already caused enormous economic losses worldwide. And of course we need to be aware of Ash dieback.

There are also threats from the pine-bark beetle to Sitka spruce, and in the future, Fireblight could be damaging to our hawthorn.

It seems to me that if we had not imported so many plants from outside Ireland in the past, we would not also have imported so much potential for disease. But I put my hand up as someone who has grown non-native plants for decades and I believe we have to be realistic as we cannot shut the stable door after the horse has bolted. We must rely on constant vigilance and good hedgerow management.

The mixed Hedgerow planting advocated by Dermot demonstrates reasons to "Hedge your bets" (pun intended).

The geographical definition of working areas would be defined by hedgerows both in the past, and currently. In the past you would have seen more one and two acre fields bordered by hedgerows. These would have been dictated by the rotation of stock and crops. Nowadays most fields have their hedgerows taken out. Dermot has consulted Land Registry maps for their farm dating back to the 1800s. These maps show where three fields once existed there is now only one large field. Dermot has decided to turn this field back into two fields by planting a hedgerow down the middle.

Prior to the arrival of the Robinson family onto their farm, many other hedgerows had been removed and they are now working hard to put them back.

Dermot reminds me that there are rules about how much hedgerow farmers can remove, but farmers are not always aware of this ruling, which is also not being currently enforced.

The movement of making larger and larger fields was for the benefit of larger and larger machinery. In small fields you may forfeit more growing space by the need to turn the tractor.

The negative effect of a bigger field is also apparent in the increased wind speed, and reduced shelter for animals and crops. You will see cows huddling by hedges to avoid wind or burning sun if there is a heatwave. Squash for example requires sheltered fields and even hardier crops such as potato or winter broccoli do better if they are not blown about.

Some people use hedgerows as a space where excess water can be soaked up or even as a drain.

In terms of fixing nitrogen, the alder tree can fix nitrogen in the same way as clover. Willow and poplar not only help dry out wet fields, but they can also suck up and retain excess nutrients. There is so much to learn and

I am very grateful to Dermot for the information that he has shared with us.

If you would like to respond to this article or follow up with an article on similar environmental topics, please contact me chrisleevalley@gmail.com

Music by the Slaney at All Ireland Fleadh Cheoil.

Pic. John Kelleher



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MACROOM FOOD FESTIVAL

**Saturday 21st -
Sunday 22nd
September 2024**

Saturday 21st September Events

KIDS ENTERTAINMENT ZONE in the Square from 10am

GOOD VIBES FORUM in the Town Hall 10am - 1pm - FREE Entry

INTERNATIONAL PARADE through the Main Street
led by the Ballingearry Pipe Band 12.30pm

SECAD  **CELEBRATING
MULTICULTURALISM THROUGH FOOD EVENT**
in the Square at 1pm

PRE CONCERT EVENT with Cheese & Wine Tastings
in Pop Crowley's at 6.30pm
(Tickets to be pre booked in the grocery store)

LEE VALLEY ENTERTAINERS
winners of the **Gay Byrne Live Radio
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to the Briery Gap after 30 years to bring that
winning performance together at 8pm.

Tickets to be pre purchased see poster.

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Sunday 22nd September Events

KIDS COOKING CLASS WITH THE COOL FOOD SCHOOL

Macroon GAA Hall first class session at 11am

(Tickets to be pre booked see poster)



MONSTER STREET FOOD & CRAFT MARKET

Traders event from 12pm

MUSICAL ENTERTAINMENT

1.45pm on stage

3.00pm Defence Forces Band Performance.



KIDS CARNIVAL RIDES and lots Entertainment in the afternoon

DANONE SCHOOLS COOK OFF COMPETITION

From 12pm at the Square



THE COOL FOODSCHOOL



KIDS COOKING CLASS

Suitable for ages 5- 10 years.

Macroom GAA Hall

Class sessions starting at 11am – 12pm - 1pm



Deirdre Doyle of The Cool Food School helps to change children's perception of food by making it fun so that they decide to make those healthy choices themselves rather than being told to do so. She has taught over 10,000 children in preschools, schools and secondary (TY) schools through her fun, interactive cooking and food workshops. She was listed as one of "50 Heroines of the Irish Food Scene" in the Irish Times in February 2022.

She has written a children's cookbook "Chop, Cook, Yum" (published by O'Brien Press) in May 2022 and has created a unique, online course "Food Fun for Preschoolers" so children to learn to love veg at home!

Tickets pre booking info@macroomfoodfestival.com
or text 086 8589043

Cost E10
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Booking
essential as
places limited

Good Vibes Forum

Macroom Town Hall

Saturday 21st September 2024 - 10am - 1pm

"Sustainability is a journey, not a destination. We must constantly strive to do better, to be better stewards of the earth and all its inhabitants."

Come meet, listen and learn from a comprehensive a list of speakers and with many more Good Vibes related exhibitors on the day.

Learn how we can all play our part in the sustainability journey.



The Culinary Celt - Cathy Fitzgibbon - Author of Eat with the Seasons

Daithi Brooks - Climate Action Officer

Jennifer O'Callaghan Nutritional Therapist - Everyday WELLNESS



Paul Lynch - Permaculture Design

Jessica Greene - Food Cloud



UCC Microbiome Researchers - Healthy eating for the gut programme.

Matthew Collins - Learn all about "No Cooking" from The Silby Food Co.



MACROOM FOOD FESTIVAL

**Saturday 21st -
Sunday 22nd
September 2024**

ALL ROADS LEAD TO MACROOM

Less than three weeks to this year's Macroom Food Festival on the 21st and 22nd September the full programme of events has been announced, and is inspired by the theme of "Sustainability with Food Production".

"Sustainability is a journey, not a destination. We must constantly strive to do better, to be the stewards of the earth and its inhabitants".

When our committee sat down to develop the programme for this year's Food Festival it was clear that we needed to break new ground and play our part not only on the promotion of local produce, but also promoting healthy eating, and reducing food waste. Many businesses and homemakers are aware of the need to be more sustainable, therefore we want to support people and create an awareness of the easy steps everyone can take to become more sustainable in their everyday approach to food.

On the positive note for Macroom, our Tidy Towns group are pathfinders in the rain water harvesting, biodiversity and composting all activities the promote sustainability. Also, this year we have two of our coffee outlets Fitzgerald's Bookshop and Pop Crowley's who have embraced the 2GoCups, all pointing in the direction of a better future for everyone.

The festival acknowledges the important role that food plays in all our lives and with a Sustainability theme our programme kicks off with our "Good Vibes Forum" on Saturday morning in the Town Hall. Entry is free, do come along and meet many exhibitors and speakers who are passionate

about protecting the environment and will help you make better and more informed daily food choices. In attendance will be Cathy Fitzgibbon who is The Culinary Cult and author of Eat with the Seasons, Paul Lynch Permaculture & Garden Design, UCC Microbiome on healthy eating, Jen O'Callaghan Nutrition Therapist, Jessica Green from Food Cloud working on reducing food waste, Matthew Collins The Silby Food Co. and many more. This is an event that you do not want to miss out on, so be sure to pop in on Saturday morning. At the same time there is plenty of entertainment for the children with the Kids Zone in the square.

SECAD Celebrates Multiculturalism Through Food, a wonderful universal experience, because food connects us all no matter what language we speak. This is an opportunity at tasting the world one dish at a time. Come early on Saturday and catch the International Parade through the main street led by the Ballingearry Pipe Band.

Later Saturday evening Pop Crowley's will host a pre-concert Cheese & Wine tasting session in the new grocery store. Awaken those taste buds before you head to see the Lee Valley Entertainers take a trip down memory lane and reproduce their 1994 Gay Byrne Live Radio Show's winning performance, this is all happening in the new Briery Gap Theatre.

Cooking is an extremely important skill for children to learn, help your child to develop some skills while having fun at the pop-up classes in the GAA Hall on Sunday morning. The Cool Food School who has a passion for healthy eating and love sharing it with kids

through fun at these workshops, they will be hosting three separate classes, we know your children will just love it so be sure to book them in.

Sunday's Monster Food & Craft Market with over 50 producers and a variety of offerings, so come along and support these traders. Remember you don't need a silver fork to enjoy good food, and of course be sure to arrive hungry!

Danone Schools Cook Off Competition has become a cornerstone of the Macroom Food Festival, and once again this takes place Sunday afternoon. This competition gives senior cycle students from the many schools that enter the opportunity to create tasty, nutritious, local produced meals and present for judging, each year the cooking skills have been highly impressive.

Lots of entertainment on Sunday afternoon with the live music on the stage and the band of the Defence Forces will perform. Kids entertainment will be on site and lots of activities to keep everyone happy.

So, whether you want to develop a sustainable vegetable garden or just learn to eat better then there's something for all the family at the 2024 Macroom Food Festival, so leave no one behind.

For full programme of events, dates, times, and other details, check our social media @macroomfoodfestival or visit www.macroomfoodfestival.com

THANKS TO ALL OUR SPONSORS, A FULL LIST WILL BE PUBLISHED SHORTLY TO ACKNOWLEDGE EVERYONE'S SUPPORT.



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PAT 'PAWK' O'CONNOR (b. 1946): GROWING UP IN O'CONNOR'S PUB AND HIS LIFE IN MACROOM

'Make The Difference': Rochestown College's motto.



Next-door neighbours: L > R., Mickey Kelleher, Pat O'Connor, Morty Kelleher and Michael (Mickey was the only one without an icecream.)



Pat's 6th class, Macroom's Boys' N.S., 1957-8. Back row Left/ Liam Murphy, Jerry O'Riordan, Donal McSweeney, Seamus Buckley, Tommy Murphy, Cathal Buckley, Billy Casey, John Casey, Christy O'Callaghan, Francis Jennings. Middle row/ Pasty O'Sullivan, Tom Russell, Ml Kelleher, Dan Creedon, Ml Lynch, Br Leopold, Pat O'Connor, Connie Shannon, Paddy Ring, Denis Buckley, !!!! Front row/ Teddy Murphy, Con Kelleher, Richard Neville, Dan O'Connell, Ml. Lucey, Ned Neville, Denis McSweeney, John Lucey, Gerry Casey, James Lucey.

Pat O'Connor was born in November, 1946 into an established Macroom family. O'Connor's Main Street pub came into the family's possession in 1902 and is now a busy bookie office. It was bought by John O'Connor (Carrigagulla) - 'Connors' leaving but 'O'Connor' returning - changed by the Yanks - Pat's grandfather, when he returned from the U.S., and in turn it was owned by his son Jeremiah, Bridie-Jeremiah's widow, their son Michael and now Kevin, Pat's son. Pat was the second eldest of a family of six but his elder brother, Bernard died at three days old, possibly of some congenital condition. Pat was born next and was followed by Michael, Dermot and twins Nora and Joan. Only Michael was not sent to boarding school. His passions were music, reading, crosswords, quizzes and sport. He died suddenly some years ago. Pat spent almost all of his life in Macroom and 'made a difference'.

John O'Connor and three his brothers emigrated to the U.S; John was in Boston from about 1890-1902 and was a train-driver. He was a contemporary of TP Cotter there, and both returned and bought pubs in Macroom in 1902. A brother of his returned home by boat every third year, beginning in 1903, but sadly, his ship was sunk by the Germans in WW1 in 1915. (Pat noted that there was no person named 'O'Connor' or 'Connors' on the Lusitania.) John's sister was married to Denis Murphy, Carrigagulla and the Coakleys, Rahalisk, are also relations. When John died in 1940, Pat's father Jeremiah took over the business. Pat's father was a kind, hard-working and clever man. Jeremiah married Bridie Kelleher, (The Pats's, Clondrohid) in the early 1940s and as stated above they had six children, five survived to adulthood. To me as a child, and living next door, he was reserved and appeared austere: when noise of play became too loud he ordered: 'Kellehers - go home'. FitzGerald's was where he went for a pint. Bridie was an able woman and as well as rearing her family she worked in the bar and shop. Her pastimes were card-playing and the ICA. When Jeremiah died in 1960 at just fifty-seven, Bridie took over and ran the home and the business. Pat remembers her as being very brave and formidable and she would stand-up to anyone, man or woman. Madge Horgan, Barrett Place, was her housekeeper and she was almost part of the family; she was particularly devoted to Nora, Joan and Dermot

(Dermie) whom she fondly called 'The Dreamer'. Dermot stoically bore a debilitating illness for many years before passing away unexpectedly. Nora married musician Willie Burke and they ran a pub in Kilnamartyra before selling and Joan and George Buckley are together a long times. Joan worked in Macroom Hospital for many years.

Jeremiah's brother, Michael, was quite a character. He attended St Colman's College, Fermoy and later taught as a National Teacher in Dublin. An avid Fine Gaeler, he became Richie Ryan's election agent (Ryan was a former Minister of Finance and 'Richie Ruin' of T e's Hall's Pictorial Weekly satirical sketch). Michael was a frequent visitor to Macroom and retired there, living in John Browne's former home in New Street. He often walked about with a newspaper under his arm and frequently attended at his sister's shop - Mrs Shine's, Chapel Cross and at Denis O'Callaghan's shoe shop. World, national and local matters were discussed and dissected at the latter.

As was usual for the time the shop was a pub-grocery, and as you entered, consisted of a bar on the left and a grocer's on the right. There was a slicer for rashers and ham and a scales with weights on the counter. Tea and sugar came in chests and were dispensed in brown paper bags. At the back of the shop were the kitchen and an adjacent store held meal, coal etc. A larger scales in the store-

room measured flour etc. The backyard had sheds and five piggeries - three below and two above. Behind that again was an orchard that stretched as far as the Convent Grounds' wall. The O'Connor family was 'comfortable' growing up as evidenced by their children attending boarding school.

Pat attended school in St Joseph's NS and St. Colman's BNS and boarded in Rochestown College, 1958-63. Sisters Thadeus, Peter and Michael were his first three teachers. His schools were 'fine' and he enjoyed them all. A picture of his sixth class classmates accompanies this piece and some have unfortunately passed away. He enjoyed Mr John Browne in fifth class and was delighted to have avoided Br Ferdinand in sixth class because of his fearsome and fact-based reputation. His replacement, Br Leopold, was soft by comparison. Michael 'Joe' Lucey, Donie McSweeney, Sheamus/Shay and Kay/Charlie Buckley, Dan O'Connell, Johnny Lucey (Barrett Place), Richard Neville, Connie Shannon and Paddy Ring were among his classmates. Academic stars of the class were Con Kelleher (Mountmassey), James Lucey (Codrum) and Tom Russell. The first two went farming while Russell did well in the Department of Foreign Affairs and represented Ireland diplomatically abroad. When growing-up Pat's outstanding memory is of playing on the street and roaming the Castle Grounds. During holidays, he and other children were out of home from early and returned for meals. 'Chasing' and 'releasing' were played and 'hides' were in the Castle Grounds' Witches Wood and all over the golf-club area. Because of the paucity of traffic and cars, soccer games were played in The Square, with the area under the balcony as the goal. The Fire Brigade was once resident there and when it moved to a new Castle Ground building, the Athletic Club used it to store pole vaults, high-jump equipment etc. Holding bazaars and staging plays was then other common children's pastimes; in one 'production', one boy doing a hanging scene, with a tie around his neck, had a chair kicked from underneath him but fortunately was saved.

Next Pat attended Rochestown College 1960-65 and happily spent his secondary schooldays there. Rochestown College is a Catholic boys' secondary school that once kept boarders. It was run by the Capuchins and had strong Macroom connections.



Composite, top - Four generations of O'Connor family - top, John and Jeremiah, bottom Pat and Kevin.



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O'Connor family in 2001 on Bridie's 90th birthday: L > R, Dermie, Nora, Bridie, Pat, Joan and Michael.



Pat's and Catherine's grandchildren: Isobella, Alex, Eoin, Conor and Darragh

James Kelleher, brother of Dan Joe, Cork St., taught there (and in UCC), obtained an MA and has a wonderful book 'Memories of Macroom' about the town of his youth, about 1915-1930, and early adulthood. His presence was an advantage for Macrompians in his class as it was easy to divert him by mentioning 'Macroom'. Kelleher's nephews Peter and Pat were pupils there as were Martin Fitzgerald, Jack Cotter and Dinny Molonoy – the latter was a novitiate monk for a period. The blazer was a dark brown, its colour similar to the Capuchin habit, and it had an impressive and distinctive crest. Michael did not follow Pat there but Dermot did, but for a year or two only before he completed his education in Macroom. Rochestown school was relatively small and the regime was benign. However for Pat, it began a period of 'absence' from Macroom that still causes him a gap in his knowledge of Macroom people. During the holidays Pat worked in the shop and bar but never had a liked it. He also played football and was a member of a very good minor (U-18) team in 1964, captained by Barry O'Brien that lost a County Final but memorably beat a vaunted Clonakilty team along the way.

After his Leaving Certificate, Pat trained as a Psychiatric nurse in Our Lady's Hospital and this necessitated more time away from home. He liked the work and made great friends there – many became later golfing buddies and included Pat Lehane, John Joe O'Donovan and Pat Connell. Work took him to Youghal, back to Our Lady's again and finally to Macroom. When the De La Salle Brothers left Macroom, their monastery became St. Colman's House and Pat transferred there. At this time large psychiatric hospitals such as Our Lady's were phased-out and patients settled in the community. This was a big change for patients and staff alike and they had to overcome the barrier of 'institutionalisation' – that is living in enclosed regimented area for many years. The new regime was a great improvement – patients had freedom to walk out, could buy what they wished; St Colman's provided shelter, meals, company and medical care.

Catherine O'Riordan, Cork St., the middle daughter of three girls, also trained as a psychiatric nurse in OLH; love blossomed and they married in 1976. They set-up home in Railway View and had three children in due course. Catherine's sisters Gabrielle (O'Leary) and Mary (Noonan) live locally but unfortunately their brothers John Joe and Martin (who was married to Martina Kelleher) died prematurely. Her parents and the girls suffered

grievously. Pat and Catherine have three children, Karen, Kevin and Alan and have 5 grandchildren – Karen's Eoin, Conor, and Darragh and Kevin's Isobella and Alex. Karen lives in Dublin and Kevin and Alan locally.

Apart from his work, Pat was keenly interested in sport. He served as a selector for Macroom's Minor football team, was involved with his brother Michael in Macroom Soccer Club but his greatest sporting passion was golf and specifically, Macroom Golf Club. He enjoyed his weekly games with Pat Lehane and co., but significantly, he made a huge contribution to score-keeping. Pre computers, Pat's experience and knowledge was invaluable and an accepted reference. His memory and knowledge of the sometimes labyrinthine ways of scoring and handicaps became legendary and essential for the smooth running of competitions. In that sphere he was the authority. Pat's contribution was acknowledged when he became President in 2002 (having declined the captaincy on several occasions). Subsequently he was conferred with Honorary Life Membership for the great work he had done. Of course, golf clubs are about much more than golf; essentially, they are social clubs where people meet and mingle, and where skills of all sorts can contribute to clubs' common good and be acknowledged. This was another area in which Pat excelled and he has resultantly, a wide circle of friends. Pat saw the expansion of the club from nine to eighteen holes, the building of its fine clubhouse, surviving some rocky periods along the way, to become the thriving club it is presently. Pat's contribution was important and significant.

Pat likes to have a 'pint' and Browne's, Railway View was one of his haunts. Sadly, that like his home and many other Macroom pubs are now of the past and much to the town's loss and disadvantage. The town has altered much and Pat and Catherine have witnessed the changes. As well as the increased number of houses and people in the town, the multiplicity of nationalities is striking. Pat's daughter-in-law, Gabriella is Hungarian. It is interesting to see the town evolve and change, and it is a far-cry from the smaller closed society that was Macroom in his childhood. Catherine and Pat delight in having their lovely grandchildren about. After some recent medical bothers, Pat has made a great recovery, well cared-for by Catherine. He visits the Golf Club most days and provides answers to the frequent queries. He keeps an eye on the town and its happenings and continues to enjoy his pint. It is people such as Pat who give 'character' to towns, and Macroom is lucky to have had Pat O'Connor as an active resident for so long. As is in his alma mater's, Rochestown College's motto, 'Make The Difference', Pat made a difference to Macroom, a very positive difference.

Sources: Interviews with Pat O'Connor, August 2024; O'Connors' photographs and memorabilia; personal knowledge (next-door neighbour) of Pat, Catherine and family and of the town; Rochestown College website, Macroom GAA Club History 1886-1987 (Barry O'Brien); Macroom Golf Club Archives. By Con Kelleher, Local Historian.



Catherine and Pat presenting his President's prize to Jim Curtin in Macroom Golf Club in 2002.

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A forgotten Ireland

Remembering Bridie Gallagher the girl from Donegal

Bridie Gallagher was known as the girl from Donegal. She sang everywhere from The Royal Albert Hall in London to Carnegie Hall in New York to Sydney Opera House. She was born in Creeslough Co. Donegal, her first single was recorded in 1956 it was "A Mothers Love is a Blessing". She was Irelands original pop star she sang songs like the boys from the County Armagh, the Girl from Donegal, the Green Glens of Antrim and A Mothers Blessing. When Cardinal Tomas O Fiaich was asked on a radio programme what his favourite song was? he said, "The Green Glens of Antrim", by Bridie Gallagher

Another great song by Bridie was the Homes of Donegal.

I just stepped into see you all, Ill only stay a while, I want to see how you're getting on, I want to see your smile,

I'm happy to be here again, I've missed you one and all, there's no place in the world there's just like the homes of Donegal.

I long to see your happy faces smiling at the door, the kettle singing on the crook as I walk across the floor, and soon that teapot's filling up,

My cup its far from small your hearts are like your mountains in the home of Donegal. I long to spend a while with you, to bide away the night, with tales of yore and fairies beside your fireside bright, and then prepared for me a shake down by the wall, there is repose for weary wanderers in the homes of Donegal.

The time has come when I must go, ill bid you all adieu, the open highway calls to me to do the things I do. And when I'm wandering far away, ill hear your voices call and please God Ill soon return into the Homes of Donegal.

A mother's love is a blessing.

An Irish boy was leaving his native home, crossing the broad Atlantic, where once more he wished to roam, and as he was leaving his mother, while standing on the quay, she threw her arms around his neck and these were the words she said,

Chorus

A mother's love is a blessing, no matter where you roam, keep her while she's living, you'll miss her when she's gone. Love her as in childhood, through feeble, old and grey,

For you'll never miss a mother's love til she's buried beneath the clay.

And as the years grow onwards, ill settle down in life, ill find a nice young girl,

And take her for my wife. And as the kids grow older and clinging about her knee,

*Ill teach them the very sure lesson that my mother taught to me:
Repeat chorus*

I was told that Bridie Gallagher played to a packed town hall in Macroom. When she came to Macroom in the sixties the well-respected Jerry Luckey I think was the promoter that night. He was the owner of the Palace cinema in Macroom and the Mont Rose ballroom in Coolcower. Many the good cowboy films were shown in the cinema. I was told the most popular cowboy actor was Audie Murphy a decorated soldier in the 2nd world war. Films were also shown for school children the beautiful "Nuns Story" with the great actress Audrey Hepburn. The 10 Commandments was also shown.

Dennis Murphy (Spar) also organised "Disco Dances" in



the Palace Cinema for the young people of the town and beyond. I remember them all too well because I won the disco dancer of the year competition. It was a great night we were surrounded by the press and photographers. I was also told that the Mont Rose ballroom in Coolcower drew large crowds over the years with the popular showbands of the day. I'm so glad to be back writing a small bit again. I would like to thank everybody who sent me cards, letters, good wishes, prayers and telephone calls. I just want to let you know I'm getting better day by day Thank God.
Mary O Callaghan - Hallissey

Loophole in EU law leads to surge in imported dangerous SUVs on our roads - Ní Mhurchú

Ní Mhurchú calls for the closure of a legal loophole which is facilitating the importation of oversized SUVs and Pickups from the US into Europe. Ní Mhurchú says these cars are a danger to other drivers and bad for the environment.

Ireland South MEP Cynthia Ní Mhurchú, a member of the EU Transport committee, has backed calls by the European Transport Safety Council to close a loophole in EU law that has seen a 20% increase in oversized SUVs and Pickups imported from the US to Europe.

Nearly 5,000 Dodge RAMs alone were brought into Europe in 2023, up 20% compared to 2022. US pickup trucks and SUV imports are availing of a loophole in

our laws whereby they are not required to comply with all EU safety and environmental standards as they are imported through a back-door channel called "Individual Vehicle Approval". Ní Mhurchú has backed calls by a number of EU transport lobby groups on the EU commission to close the loophole. According to Ní Mhurchú some cars are just too big for Irish and European roads and car parking spaces, "Due to a loophole in the law, these trucks coming in from the US can bypass current EU environmental and safety regulations. Many of these bigger trucks don't fit in our car parking spaces in Europe, they don't fit on our rural roads and they pose a danger to other drivers at a time when Ireland is struggling with

high road deaths. Dodge RAMs make up 60% of these IVA imports, and have 3 to 9 times higher emissions than the average new European car"

Ní Mhurchú described some of these imported Pickup Trucks as a danger to small children,

"Many of these trucks have dangerously high bonnets, with the vehicle's leading front edge often standing 1.3 metres from ground level. The result is that children up to 10 years old standing or walking in front can be obscured by the vehicle's bonnet height, and therefore unseen by the driver"

Ní Mhurchú has welcomed news that the EU Commission is aware of the issue and is promising reform of the loophole.

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GAA News

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TUS Corn Uí Mhuirí – Under 19 A Football A total of 19 schools will take part in the TUS Corn Uí Mhuirí – Under 19 A Football competition. Mercy Mounthawk Tralee are the defending champions.

Top team straight to quarter final. One 2nd place team from groups of 4 will be drawn to go to quarter finals. Remaining four teams will play preliminary quarter finals.

Group 1 – St. Brendans, Colaiste Choilm, St. Francis College Rochestown, St. Flannans College Group 2 – Clonakilty CC, Pobalscoil Inbhear Sceine, Hamilton Highschool, Colaiste an Spioraid Naoimh Group 3 – Mercy Mounthawk, Abbey CBS, Skibbereen CC, St. Patricks Castlesland Group 4 – Patrician Academy Mallow, Intermediate School Killorglin, De La Salle College, Macroom, Mitchelstown CBS Group 5 – Tralee CBS, Pobalscoil Chorca Dhuibhne, Presentation Milltown

TUS Dr. Harty Cup – Under 19 A Hurling (Corn An Artaigh) A total of 21 schools will take part in the TUS Dr. Harty Cup – Under 19 A Hurling (Corn An Artaigh) competition. Nenagh CBS are the defending champions.

Top 2 teams to qualify from each group for knockout stage.

Top team in groups of 4 and one drawn team from the winners of group of 3 go straight to quarter final.

Remaining Two group winners from group of 3 and all 2nd place teams in the groups will play in preliminary quarter finals.

Group 1 – Rice College, John The Baptist, Hospital, CBC Cork, Scoil Na Troinoide Naofa, Doon Group 2 – Ard Scoil Ris, Castletroy College, Our Ladys, Templemore, Colaiste Choilm Group 3 – Charleville CBS, Cashel CS, Blackwater CS, St. Josephs Tulla Group 4 – Nenagh CBS, Middleton CBS, St. Francis College Rochestown Group 5 – De La Salle College Waterford, Gaelcholáiste Mhuire An Mhainistir Thuaidh, St. Colmans College, Fermoy

Group 6 – Thurles CBS, St. Flannans College, Tralee CBS

TUS Corn Thomáis Mhic Cholaim – Under 19 B Hurling A total of 13 schools will take part in the Corn Thomáis Mhic Cholaim – Under 19 B Hurling competition. Blackwater Community School Lismore are the defending champions.

Top 2 teams to qualify from each group for quarter finals.

Group winners seeded for quarter finals.

Group 1 – Coachford College, High School CBS Clonmel, Kinsale Community College, Colaiste an Spioraid Naoimh Group 2 – Abbey CBS, CBS Secondary School, Carrick on Suir, Hamilton High Bandon Group 3 – Mitchelstown CBS, Scoil Pól, Kilfinane, Colaiste Mhuire, Thurles Group 4 – Scariff Community College, Pobalscoil Na Trionide, Eochail, St. Josephs College, Borrisoleigh

MJK OILS Muskerry Junior Hurling Championship

There are NINE teams competing, arranged in 3 groups of three teams each for the Round Robin initial stage. Top two teams from each group will progress to knock out stages, best two to semi finals, other four to quarter final stage.

Points tables with one round to play:

Group 1- Dripsey (+6) 2, Inniscarra (0) 1, Éire Óg (-6) 1
Group 2- Ballincollig (+10) 2, Grenagh (+9) 2, Kilmichael 0
Group 3 -BALLINORA (+13) 2, Donoughmore (+2) 2, Blarney 0

G1: Éire Óg 1-15 Inniscarra 1-15

Rd 3: Dripsey v Inniscarra, Dripsey assured of advancing

Fixture: Dripsey v Inniscarra Sunday Sept 8th at Blarney, 6pm

G 2: Rd 2: Kilmichael 0-16 Ballincollig 0-21

R3: Grenagh v Ballincollig to decide group placings, both advance and Kilmichael are eliminated.

Fixture: Grenagh v Ballincollig Saturday Sept 7th at Donoughmore, 6pm

G 3: Rd 2: Donoughmore 1 – 14 Blarney 1 – 12

R 3: Donoughmore v Ballinora, both to advance, Blarney eliminated

Fixture: Donoughmore v Ballinora Sunday Sept 8th at Coachford, 6pm

G 1: Éire Óg 1 – 15 Inniscarra 1 – 15

In Group 1 of the MJK Oils Mid Cork Junior Hurling championship, Éire Óg could not afford to be defeated when they met Inniscarra at Ballincollig as they had already lost to Dripsey. Inniscarra were playing their first game and so had progression to the knock out stages along with Dripsey to play for. For much of the second half it seemed that 'Scarra would achieve their goal but a late Éire Óg rally which yielded 1-2 without reply earned the Ovens men a division of the spoils and now the outcome of the group depends on the final game between Dripsey, assured of advancement and Inniscarra for whom victory would earn them a place on top of the group, a draw would give them second place and a defeat of less than six points would still give them that second place, Éire Óg being the

MUSKERRY GAA



Muskerry Hurling Champions

team to lose out.

Conditions at Ballincollig were excellent and despite playing into the breeze Éire Óg started well but poor finish denied them the scores their approach work deserved. Lar Considine, who was to finish the game as top scorer with 0-11 to his credit, had Éire Óg in front within seconds of the throw-in but Gerry Roche, a very forceful centre forward for 'Scarra levelled matters in the 6th minute and when Considine again pushed his side in front, 'Scarra marksman Darragh O'Brien quickly equalised. Two converted frees from O'Brien opened up a two point gap, Considine hit a superb point on 12 from out on the left wing to leave his side a point in arrears at the end of the first quarter, 0-4 to 0-3 for 'Scarra, the Éire Óg tally of five wides a problem for the Ovens men.

The second quarter saw the teams share eight points evenly between them in a score by score shoot out. O'Brien and Considine exchanged points from frees, Daniel Murphy put 'Scarra two up, Considine replied from a free brought on for dissent. Kieran Rice, very effective on the right wing, hit over a point for Inniscarra in the 25th minute but Éire Óg levelled with fine scores from Johnny Galvin and Jerome Kelleher and it took another excellent point from Kieran Rice to separate the teams at the break, 0-8 to 0-7 in favour of Inniscarra.

The second half resumed with a shock goal for Inniscarra within 30 seconds, a long clearance from centre back Shane Buckley landing behind the defence and corner forward Shane Linehan swept in from the left, took the ball on the bounce and drove it past

Michael Brennan in the Éire Óg goal from five metres range. Considine replied with two points from Éire Óg frees, these matched by points from play by Rice and Roche for Inniscarra, 1-10 to 0-9 in the 38th minute. A point from Cathal Sheehan reduced the Éire Óg deficit to a goal and Éire Óg substitute Ronan O'Toole was denied an equaliser only by an outstanding save by 'Scarra keeper Michael Brennan. As the third quarter ended, Darragh O'Brien opened up a four point advantage for 'Scarra and exchanges were become a little testy as the game entered the final quarter.

Darragh O'Brien, placed by Gerry Roche, took a 'Scarra point to open up a five point gap, Considine kept Éire Óg hopes alive with a point from a free on 52 but O'Brien pointed a similar award for Inniscarra after a foul which earned Ronan O'Toole a second yellow card followed by a red, so Inniscarra led by 1-13 to 0-11 and had a numerical advantage for the remaining time, ten minutes as it transpired.

Those who thought it was as good as over now had their feelings reinforced by the subsequent exchanges, two points from Considine matched by two for 'Scarra from Murphy and Rice, 1-15 to 0-13 in the 57th minute of normal time. Éire Óg were not bowing out of the championship without a fight however. Jerome Kelleher took a point from play, and then Éire Óg got a major break when a low shot from Rian O'Flynn went under the goalie's hurley to hit the back of the net. Inniscarra were jittery now and conceded a free out on the left wing and Lar Considine hit over his 11th point of the game to tie the scores and the final whistle which followed was greeted with relief



by Inniscarra who have their fate in their own hands against neighbours Dripsey.

Scorers: Éire Óg: R O'Flynn 1-0, L Considine 0-11 (0-6f, 0-1 ('65)), J Kelleher 0-2, J Galvin and C Sheehan 0-1 each. Inniscarra: S Linehan 1-0, D O'Brien 0-7 (0-4f), K Rice 0-4, D Murphy 0-2, G Roche 0-2.

Éire Óg: Michael Brennan: Cormac Buckley, John Kelleher, Kevin Cooper: Eoin O'Shea, Mark Kelleher, Culaín Malone: Adam McCarthy, Johnny Galvin: Rian O'Flynn, Lar Considine, Darragh Coakley: Cathal Sheehan, Darragh Clifford, Jerome Kelleher. Subs: Ronan O'Toole for D Clifford 40, Keith O'Riordan for D Coakley 43,

Inniscarra: Eoin O'Neill: Tadg Lyons, Mark Linehan, James Buckley: Seán Quinlivan, Shane Buckley, Mark McCarthy: Niall Buckley, Conrad Desmond: Kieran Rice, Gerry Roche, Colin O'Leary: Shane Linehan, Darragh O'Brien, Daniel Murphy. Subs: Donal Dineen for M McCarthy h/t, McLaughlin for J Buckley 50, Aidan O'Mahony for C O'Leary 50.

Referee: John Ryan, Macroom

G2: Ballincollig 0-22 Kilmichael 0-12

Ballincollig were just too strong for Kilmichael in this Group R2 game at Ovens and having started well, were in control for most of the game. The Village went into a 0-4 to 0-1 led after ten minutes, Kilmichael fought back to be level at 0-5 each after 20 minutes but Ballincollig finished the half strongly and led by 0-10 to 0-5 at half time. Ballincollig dominated the second half, led by 0-16 to 0-8 at the three quarter stage and the scoring was point for point in the closing quarter, leaving Ballincollig comfortable winners at the final whistle. Cian Dorgan had 0-6 in that second half for the winners, Dave Bowen, Eoin Dwyer and Theo Horgan shared the rest. Conor Cotter 0-3, Ronan Murphy and Peter Kelleher 0-2 each, were the second half scorers for Kilmichael.

Ballincollig: Ronan Cambridge: Conor Sexton, Jordan Murphy, Shane Murphy: Dave O'Leary, Peter O'Neill,

Shane O'Sullivan: Shane Murphy, Pete Kelly: Conor Dalton, Brendan O'Brien, Paul Cooney: Ronan Dorgan, Cian Dorgan, Dave Bowen: Subs: Eoin Dwyer, Diarmuid Ward, Theo Horgan, Seán O'Donoghue

Kilmichael: Stephen O'Leary: Finbarr Drlomey, Cathal Foley, Luke Hennigan: Cathal Foley, Eoghan Murphy, Brian Horgan: Ronan Murphy, Alan McCarthy: Andrew Kellegher, Conor Cotter, Brendan Cotter: Trevor Tobin, Finbarr Buckley, Chris O'Connell. Subs: Peter Kelleher h/t, Tom Browne 40.

G3 Donoughmore 1-14 Blarney 1-12

This local derby at Grenagh was a close affair all through and while Donoughmore did miss some good scoring opportunities, Blarney had a much higher tally of wides and this second defeat means that they exit the championship.

Donoughmore led at half time by 1-8 to 1-6, their goal coming in the 12th minute. Adam Dinan was fouled in the Blarney goalmouth, took the resultant penalty himself but the Blarney goalkeeper made a fine save. The sliotar went loose and Mark Foley, following up slammed to the net. Adam Dinan had pointed two frees and also a '65; David O'Connell and Mark Lucey both 0-2 and Seán O'Hanlon 0-1 were the other scorers.

The second half was very exciting. Blarney hit over two points to level at 1-8 each, Adam Dinan struck over two fees to send Donoughmore clear once again, but again Blarney levelled at 1-12 each and then the tourist village went a point clear. In the last ten minutes, David O'Connell hit over three points in a row to a single Blarney score and a point from an injury time Adam Dinan free increased the Donoughmore led to two points and they held this to the final whistle. Donoughmore: Shane Sexton: Stephen Golden, Mark Foley, Frankie Honohan: Donncha Morrissey, Josh Crowley, Shane Healy: Kevin O'Connell, Aidan Corkery: Darragh Lawton, Adam Dinan, Colm O'Callaghan: Seán O'Hanlon, Mark Lucey, David O'Connell. Sub: David

McDonald 40.

Blarney: C Murphy: MJ Shine, P O'Leary, D Murphy: J Jordan, S Crowley, D Quill: T Buckley, B Ahern: C Dunlea, W Crowley, M Cummins: L Kendellan, J O'Dwyer, J Murphy.

Ross Oil Junior A Football Championship In the Ross Oil Mid Cork Junior Football championship there are 12 teams organised in three groups of four for the initial round robin phase. The top two teams in each group will advance to knock out stages, the best two group winners to semi finals and the four other teams, 3rd best winner and three second placed sides, will play off in two quarter finals to determine who will join them.

Group 1: Inniscarra 4, Béal Átha'n Ghaorthaidh 2, Blarney 2, Ballinora 0 Group 2: Éire Óg 4, Kilmichael 2, Donoughmore 2, Clondrohid 0 Group 3: Aghinagh 4, Grenagh 0, Ballincollig 2, Dripsey 2.

Group 1: Inniscarra 4, Béal Átha'n Ghaorthaidh 2, Blarney 2, Ballinora 0

Last round: Inniscarra v Blarney at Grenagh, Saturday Sept 14th 6.30pm

Béal Átha'n Ghaorthaidh v Ballinora at Annahala, Sunday Sept 15th 6.30pm

Group 2: Éire Óg 4, Kilmichael 2, Donoughmore 2, Clondrohid 0

Last Round: Éire Óg v Donoughmore at Ballincollig, Saturday Sept 14th, at Ballincollig 6.30pm, Kilmichael v Clondrohid at Cill na Martra, Saturday Sept 14th at 4.30pm

Group 3: Aghinagh 4, Ballincollig 2, Dripsey 2, Grenagh 0.

Last round: Aghinagh v Ballincollig at Ballyanley, Saturday Sept 14th at 3.30pm

Grenagh v Dripsey at Blarney, Sunday Sept 15th at 12 noon



Muskerry, winners of the division section of the Cork Senior Football Championship



Michael O'Callaghan vice Chairperson of the Cork county board presenting Eoghan Lehane captain of Muskerry, winners of the division section of the Cork Senior Football Championship

Co-Op Superstores County Hurling Championships

PSHC Divisions/Colleges section final

Imokilly 6-31 Muskerry 0-17

Imokilly were clear favourites to win the Divisions/Colleges section of the Co-Op Superstores Cork Senior Hurling and they duly did account for Muskerry in the final at Páirc Uí Rinn, no real surprise there. What was surprising was the margin of victory and the gap in standards between the sides. Muskerry had accounted for Carbery and then UCC, the latter always formidable opponents, and were expected to make the East Cork men earn their win. As it transpired Muskerry, short five of the starters against UCC a fortnight earlier, were no match for Imokilly who were faster to the ball, faster in reactions, more skilful hurlers with excellent

first touch and were physically much stronger and were very focussed from the throw in. It was 1-10 to 0-2 in favour of the winners after the opening quarter and with the obvious gap in standards between the teams the outcome was already certain. Imokilly on this showing will trouble any club team in the quarter final and beyond.

Imokilly scored early taking the lead after seven seconds and point by point established their superiority, Muskerry's reply coming from Mathew Bradley frees. The first Imokilly goal in the 15th minute was inevitable and the one way traffic continued up to the interval when the score was 1-18 to 0-7, the butt of the upright saving Muskerry from further damage.

The second half was played out with Muskerry trying bravely to stem the tide but the East Cork men were unrelenting, two more goals in the first five minutes after the resumption, until the closing stages and Muskerry had to earn all the scores they got. All credit then to Muskerry for finishing with a tally of 0-17 (two goal chances not availed of) against this Imokilly outfit which will be capable of inflicting grief on all comers before this championship ends.

Scorers for Muskerry: M Bradley 0-10 (0-7 f, 0-2 65), O O'Driscoll, S O'Neill 0-2 each, D O'Sullivan, C O'Leary, B Corcoran 0-1 each.

Muskerry: James Linehan (Ballincollig); Brian Corcoran (Éire Óg), Matt Brady (Éire Óg), Conor McGoldrick



(Éire Óg); Conor O'Leary (Ballincollig), Fenton Denny (Ballincollig), David O'Sullivan (Ballincollig); Odhran O'Driscoll (Cloughduv), David Kirwan (Éire Óg); Shane O'Neill (Ballincollig), Aidan Murphy (Cloughduv), Seán Joyce (Grenagh); Mathew Bradley (Aghabullogue), Paul Ring (Aghabullogue), Mark Lucey (Donoughmore).
Subs: Oisín O'Shea (Éire Óg) and Adam Dinan (Donoughmore) both 44, Tadgh Twomey (Grenagh) 51, Peter Kelly (Ballincollig) 58.

Management: Diarmuid Kirwan (Éire Óg), Pádraig Murphy (Aghabullogue), Barry Holland (Donoughmore), Pat Lane (Ballinora), Brendan O'Driscoll (Ballincollig).

County club HURLING Championships

Five grades in hurling. Twelve teams in each championship, each with three groups containing four teams per group. Top two in each group advance to knock out stages, 3rd team in each group is finished for season, two of the 4th placed teams will be involved in relegation play off.

Premier Senior Hurling

Group 1: Sarsfields 4, Newtownshandrum 2, Douglas 2, Bishopstown 0

Group 2: Blackrock 4, Fr O'Neill's 4, St Finbarr's 0, Newcestown 0

Group 3: Middleton 3, Kanturk 3, Erin's Own 2, Charleville 0

Senior A Hurling

Group 1: BLARNEY 4, Na Piarasaigh 4, Courcey Rovers 0, Carrigtwohill 0

Group 2: Bride Rovers 4, Castlelyons 2, Fermoy 2, Cloyne 0

Group 3: Glen Rovers 4, INNISCARRA 2, Ballyhea 2, Killeagh 0

Premier Intermediate Hurling

Group 1: Watergrasshill 4, Carrigaline 2, Valley Rovers 2, Castlemartyr 0

Group 2: BALLINCOLLIG 4, ÉIRE ÓG 2, AGHABULLOGUE 2, Mallow 0

Group 3: Ballinhassig 2, Kilworth 2, Ballymartle 2, Dungourney 2

Intermediate A Hurling

Group 1: Sarsfields 3, Middleton 3, Ballygiblin 2, Aghada 0,

Group 2: Erin's Own 4, Blackrock 2, Kildorrery 2, Bandon 0

Group 3: Lisgoold 4, Mayfield 2, Youghal 2, CLOUGHDUV 0

Premier Junior Hurling

Group 1: Russell Rovers 4, Milford 2, Meelin 2, Douglas 0
Group 2: Ballygarvan 4, Nemo Rangers 2, Kilbrittain 1, Barryroe 1

Group 3: Glen Rovers 4, St Catherine's 2, St Finbarr's 2, Argideen Rangers 0

Round Two Hurling

SAHC R2: Blarney v Courcey Rovers in Ballymartle

Final Round: Blarney v Na Piarasaigh, Courcey Rovers v Carrigtwohill.

Group 1: BLARNEY 4, Carrigtwohill 0, Na Piarasaigh 4, Courcey Rovers 0

Blarney: 1-23 (26) Courcey Rovers: 3-13 (22)

Blarney are through to the knockout stages of the Co-Op SuperStores SAHC following a hard-fought win over

Courcey Rovers at Riverstick. It was a keenly contested encounter but Blarney were the better hurling team with overall strength and their county stars Mark Coleman and Shane Barrett were outstanding. Barrett was the star of the show, and he finished up with 0-11, 0-6 from play. Another Blarney Cork senior, Pádraig Power had a great second half and fired over three vital points.

Courcey Rovers had the wind behind them in the first half but Blarney hit over the first two points from Shane Barrett, one from a free.

Courcey Rovers responded with a point but Blarney hit them for 1-2 in two minutes, Cathal McCarthy with the goal on 9 after Shane Barrett's shot was parried out to him. The teams swapped the next four points before Courcey Rovers took over and went in front for the first time with the help of two goals, 2-4 to 1-6 after 19 minutes. Blarney responded well - they hit five of the next six points to lead 1-11 to 2-5 after 27 minutes and held this three point advantage at the break.

Blarney had the wind advantage for the second half and after points were exchanged Shane Barrett and Coleman added points for Blarney to go 1-14 to 2-6 ahead after 35 minutes. The sides swapped points, Courcey Rovers in touch, and then Courcey's goal had the gap down to two points 1-15 to 2-10 after the third quarter. Shane Barrett pointed a free and Blarney added three more to lead 1-19 to 2-11. Courcey Rovers got the goal they needed after 52 minutes but Blarney replied instantly with a Shane Barrett point. The next four points were evenly divided as Blarney led 1-22 to 3-13 going into injury time. Mark Coleman free from long range yielded the point to make victory assured.

Scorers for Blarney: S Barrett 0-11 (0-5 f), C McCarthy 1-3, P Power 0-3, M Coleman 0-2 (0-1 f), P Philpott, D McSweeney, E Kirby, C Barrett, 0-1 each.

Blarney: P Hallissey; A McEvoy, C Power, S Mullane; P Philpott, D Hanlon, M Coleman (c); O Hegarty, C Hegarty; D McSweeney, S Barrett, E Kirby; C Barrett, P Power, C McCarthy. Subs: S Mulcahy 44, J O'Keefe 60, M O'Leary 63.

SAHC R2 Glen Rovers v Inniscarra in Blarney

Group 3: Glen Rovers 4, Ballyhea 2, INNISCARRA 2, Killeagh 0

Cork SAHC: Glen Rovers 2-26 Inniscarra 1-12

Glen Rovers eased past Inniscarra in a rather one-sided Co Op Superstores Senior A hurling championship clash at Blarney. This win has all but assured the famed Blackpool outfit a place in the knockout stages of the championship and it is clear they mean to get back to premier ranks without delay.

Glen were without their ace forward Patrick Horgan, Inniscarra were missing Cork senior captain Sean O'Donoghue. Despite many misses The Glen went four points clear and it took Inniscarra 14 minutes to open their scoring courtesy of a David O'Keefe point. Four more points for The Glen followed before Inniscarra hit over with two points but back came the city men with a goal and they led by 1-13 to 0-5 at the break.

Inniscarra were further punished on the restart after four minutes when a high ball from country man Robert Downey dropped into the net and the remainder of the game was only of academic interest with Inniscarra already beginning to focus on the last round game against Killeagh.

Scorers for Inniscarra: J Enright 0-7 (0-6f, 65), S O'Mahony 1-1, D O'Keefe 0-2, M Murphy 0-2.

Inniscarra: J O'Keefe; D Keane, B O'Mahony, J O'Sullivan; S Sheehan, C O'Leary, J Enright; S O'Mahony, M Murphy; A McCarthy, A Doyle, C Lynch; F O'Leary, P Holland, D

O'Keefe. Subs: C O'Leary 45.

Last Round: Inniscarra v Killeagh, Ballyhea v Glen Rovers

PIHC R2 Ballincollig v Éire Óg in Cloughduv

Group 2: BALLINCOLLIG 4, ÉIRE ÓG 2, AGHABULLOGUE 2, Mallow 0

Ballincollig: 1-19 Éire Óg: 1-12

Ballincollig deservedly secured the two points with this win over neighbours Éire Óg at Cloughduv in the Co-Op SuperStores PIHC in front of a fine attendance who had anticipated a rousing encounter. Ballincollig started well and led by seven points after the opening quarter and really were always in control even after conceding a bizarre goal! They remain unbeaten and are strongly fancied to advance to the knockout stages.

Éire Óg can still making it into the top two, as they face pointless Mallow in their last group game.

Ballincollig led 0-4 to 0-2 before they had a goal from Steve Wills in the 7th minute and they hit four to lead 1-8 to 0-3 after 17 minutes. Points were exchanged and Eoin O'Shea from a free and Kevin Hallissey and Oisín O'Shea struck over Éire Óg scores before Ballincollig defender Ciarán O'Sullivan played a ball back over his keeper who had advanced and it ended in the back of the net, 1-9 to 1-7 now but The Village shrugged off this reverse and points from Keating and Steve Wills saw them lead by 1-11 to 1-7 at half-time.

Ballincollig re-started in top gear, tacked on a pair of points from Steve Wills, one which was a free. Eoin O'Shea scored a point Éire Óg, but the Village men were dominating and led by 1-16 to 1-10 with 15 minutes remaining.

Adam Wills and James Dwyer added 'Collig scores, Dara McCarthy had a point for Éire Óg in reply, seven points between the teams with seven minutes remaining. Points from frees were exchanged and seven points still separated the teams at the finish with no argument about the merit of the Ballincollig victory.

Scorers for Ballincollig: S Wills 1-5 (0-4 f), P Morris (0-2 f), B Keating 0-4 each, A Wills 0-3, F Denny, C O'Driscoll, J Dwyer 0-1 each.

Éire Óg: E O'Shea 0-6 f, C O'Sullivan 1-0 (OG), B Corcoran, C O'Callaghan, D McCarthy, K Hallissey, O O'Shea, J Cooper 0-1 each.

Ballincollig: J Linehan; R O'Donovan (c), C O'Sullivan, C Moore; D O'Sullivan, F Denny, T O'Connell; B Keating, B Coleman; S Wills, J Dwyer, S O'Neill; A Wills, P Morris, C O'Driscoll. Subs: C O'Leary 53, B Dore 56.

Éire Óg: C Kelly; B Corcoran, M Brady, D Kirwan; D Dineen, C McGoldrick, D O'Herlihy; C O'Callaghan, D McCarthy; K Hallissey, E O'Shea (c), B Hurley; J Cooper, D Foley, O O'Shea. Subs: D Healy and E Kelleher both on 40, D Casey 48.

Round Three: Ballincollig v Aghabullogue, Éire Óg v Mallow

Before the game, a minute's silence was observed in memory Frank Lee, former chairman and long serving member of Ballincollig GAA.

PIHC R2 Mallow v Aghabullogue in Grenagh

Aghabullogue 3-15 Mallow 2-16

Aghabullogue, IAHC champions last year, had their first win in the premier intermediate championship at Grenagh against a Mallow side also desperate for the win. Aghabullogue had a good first half and led by nine points at half time, 2-10 to 0-7 but Mallow rallied strongly in the third quarter and had the gap down to a single point with ten minutes to go.

Aghabullogue had led by 0-6 to 0-5 in the 19th minute,



the sides level at 0-3 each after the first ten minutes. Three points from frees for Mathew Bradley open up a gap, and two goals in just over a minute from James Lane and James Foley had Aghabullogue buoyant.

The score was 3-11 to 0-11 seven minutes into the second half, Mallow then shot three points in a row before points were exchanged, 3-12 to 0-14 after 44 minutes. Mallow now got in for a goal, three points in it, points were exchanged, Aghabullogue open the gap to four and then conceded a second goal to leave only a point between the teams, 3-13 to 2-15 with 55 minutes gone. Panic stations for the Aghabullogue men but they twice raised the lead to two points and were ecstatic when the final whistle blew.

Scorers for Aghabullogue: Mathew Bradley 0-9 (0-6 f, 0-2 65), James Lane 2-1, James Foley 1-2, Colm Gillespie, Paul Ring, J Corkery 0-1 each.

Aghabullogue: F Foley; T Long, C Timmons, M Dennehy; D Thompson, O O'Sullivan, C Gillespie; S Furey, P Ring; J Buckley, J Foley, S Tarrant; J Corkery, M Bradley, J Lane. Subs: TJ Buckley 45, Luke Casey and Billy Casey, both 53, Brian Dineen 57.

Last round: Aghabullogue v Ballincollig, Mallow v Éire Óg.

IAHC: Cloughduv 4-17 Lisgoold 5-23

Group 3: Lisgoold 4, Mayfield 2, Youghal 2, CLOUGHDUV 0

In Group 3 Lisgoold made it two wins from two as they overcame Cloughduv by 5-23 to 4-17 in Ballincollig. Liam O'Shea scored an incredible 2-14 with James O'Driscoll, Isaak Walsh and Cormac Hallihan all scoring goals too, while Brian McNabola and Brian Verling raised the green flags for Cloughduv.

While Lisgoold aren't yet guaranteed qualification, their scoring difference of +31 – next best are Erin's Own with +6 – means that it would be highly improbable that they would miss out and another win, against Youghal, would give them a semi-final berth.

In this game at Ballincollig, Lisgoold were playing with the wind in the first half and made good use of the advantage, turning over at half time with a 12 point advantage, 3-11 to 0-8. Brian McNabola had a Cloughduv goal on 11 minutes to make it 0-4 to 1-0 but Lisgoold took over and piled on the scores. Cloughduv

Five grades in football. Twelve teams in each championship, each with three groups containing four teams per group. Top two in each group advance to knock out stages, 3rd team in each group is finished for this season, two of the 4th placed teams will be involved in a relegation play off.

Sequence of Round Robin games:

Rd1: AvB, CvD R2: AvD, BvC R3: AvC, BvD

Premier Senior Football

Group 1: A Nemo Rangers 4, B BALLINCOLLIG 2, C Newcestown 2, D ÉIRE ÓG 0

Group 2: Castlehaven 4, Clonakilty 1, Carbery Rangers 1, St Michael's 2

Group 3: St Finbarr's 2, Douglas 0, Valley Rovers 3, Mallow 3

Senior A Football

Group 1: Carrigaline 4, BÉAL ÁTHA'n GHAORTHAIDH 0, CILL na MARTRA 4, Kiskeam 0

Group 2: Dohenys 2, Kanturk 4, O'Donovan Rossa 2, Fermoy 0

Group 3: Newmarket 0, Knocknagree 4, Clyda Rovers 0, Bishopstown 4

Premier Intermediate Football

Group 1: Ilen Rovers 0, UIBH LAOIRE 4, Aghada 0, AGHABULLOGUE 4

Group 2: Bantry Blues 4, Nemo Rangers 1, NAOMH ABAN 3, Bandon 0

Group 3: Castletownbere 2, Kilshannig 4, Rockchapel 2,

to their credit mounted a serious second half challenge and had their deficit down to five points by the 50th minute, 4-16 to 3-14, two goals from Mark Verling, but Lisgoold re-asserted their authority, and a fifth goal in the 54th minute killed off the Cloughduv hopes of victory though they battled on and were rewarded with a late Brian McNabola goal.

Cloughduv scorers: Mark Verling 2-12 (0-9 f, 0-1 65), B McNabola 2-0, Eoghan Clifford 0-2, A Murphy, J Walsh, P O'Driscoll 0-1 each.

Cloughduv: C O'Driscoll: Michel Dunne, Aodh Twomey, P O'Leary; Eoghan Clifford, Odhran O'Driscoll, A McNulty; S Barry, Aidan Murphy; J Walsh, Eoin McNabola, Mark Verling; Kevin Walsh, Pádraig O'Driscoll, Brian McNabola. Subs: Seán Curzon, J Devine, Stephen O'Donoghue, Euan Coughlan.

Final Round: Cloughduv v Mayfield, Lisgoold v Youghal

Cork 2024 County McCarthy Insurances Football Championship

McCarthy Insurances County Football Championships Senior Football Colleges/Divisions Section Final

Muskerry 3-13 Duhallow 2-15

Muskerry won the McCarthy Insurance Group County SFC Colleges/Divisional Final and the Tadhg Crowley Cup for the first time in an entertaining showdown at Macroom. Muskerry did major damage in the opening 25 minutes, performing with power, pace and intensity, netting three goals to go 12 points, and then resisted the Duhallow onslaught in the second half.

Duhallow showing character and resolve did get the deficit down to four points in the closing stages but their second goal which left only a point between the teams came in the final seconds of the game in the sixth minute of added on time.

Muskerry will now enter the PSFC proper at the quarter final stage.

After Duhallow opened the scoring, Muskerry's Liam O'Connor pointed superbly from a free and then Eolan O'Leary set up Chris Óg Jones with a perfect pass to find the Duhallow net in the third three minute.

Donncha O'Connor pointed from a Duhallow free, but Muskerry were dominating with William Ronan, Mark

Corrigan and Seán O'Riordan excelling in defence, Cillian Donovan and Liam Wall held sway in the middle with Jones orchestrating matters up front.

All the fluency stemmed from the home division. Eolan O'Leary, now set up a second Muskerry goal, Liam Twohig firing home in style and the entire Muskerry full-forward line of O'Connor, Ian Jones and Twohig added points.

Duhallow broke a barren 20 minutes without a score, only for Muskerry to respond in telling fashion, the Jones brothers linking up for Ian to net and put the Mid Cork side ahead 3-6 to 0-3. Duhallow recovered in the lead up to half time, landing five of six points scored leave Muskerry eight points clear, 3-7 to 0-8.

Muskerry restarted with a Chris Óg Jones point, but Duhallow were more direct in their play, and began to make inroads on the lead. Seamus Hickey's blast was stopped by Muskerry 'keeper Joe Creedon only for Murphy to follow up to goal and then a point from had the margin down to three.

Muskerry responded with three points on the trot from Twohig, Chris Óg Jones and Jack Kelleher for a 3-11 to 1-11 advantage. Duhallow kicked four points in a row to leave only two between the sides but back came Muskerry again, James O'Mullane raised the gap to three and Chris Óg made victory safe with another point. In the dying seconds Duhallow got their second goal in a crowded goalmouth - too late to alter the outcome.

Muskerry: Joe Creedon (Iveleary); William Ronan (Kilmurry), Eoghan Lehane (Canovee), Daniel O'Donovan (Iveleary); Kevin Manning (Iveleary), Mark Corrigan (Macroom), Seán O'Riordan (Iveleary); Cillian Donovan (Macroom), Liam Wall (Kilmurry); Aaron O'Sullivan (Aghabullogue) 0-1, Chris Óg Jones (Iveleary) 1-4, 0-1f, Eolan O'Leary (Macroom); Liam O'Connor (Inniscarra) 0-3 (0-2f), Ian Jones (Iveleary) 1-1, Liam Twohig (Aghinagh) 1-2, 0-2f Subs: Paul Ring (Aghabullogue) 39, Colm Gillespie (Aghabullogue) 39, James O'Mullane (Kilmurry) 0-1 for E O'Leary (45), Jack Kelleher (Canovee) 0-1 for L Twohig (46, inj), Jack O'Donoghue (Naomh Abán) for L O'Connor (63)

Management: Conor Hurley (Macroom), Diarmuid O'Riordan (Iveleary), Seán Ó Coill (Naomh Abán), Rickie Leisk (Inniscarra).

Club Championships

MACROOM 0

Intermediate A Football

Group 1: Dromarriffe 0, Adrigole 3, Kildorrery 1, Gabriel Rangers 4

Group 2: Mitchelstown 2, St Vincent's 0, Glanworth 4, BALLINORA 2

Group 3: Na Piarasigh 0, Boherbue 4, St Finbarr's 1, Glanmire 3

Premier Junior Football

Group 1: KILMURRY 4, Cogh 1, CANOVEE 3, St James 0

Group 2: Glenville 2, Cullen 2, Kinsale 4, Ballydesmond 0

Group 3: Urhan 2, Millstreet 0, Buttevant 4, St Nick's 2

Sept 6th - 8th Club H Cship R3 Co-Op Superstores Hurling Cship R3

Fri, Sept 6th @7.30pm PJHC R3 Barryroe v Ballygarvan in Cloughduv

Fri, Sept 6th @7.30pm PJHC R3 Kilbrittain v Nemo Rangers in Macroom

Sat, Sept 7th @4.30pm IAHC R3 Mayfield v Cloughduv in Ballincollig

Sat, Sept 7th @6.30pm SAHC R3 Blarney v Na Piarasigh in Ovens

Sat, Sept 7th @6.30pm SAHC R3 Killeagh v Inniscarra in Cogh

Sun, Sept 8th @2pm PIHC R3 Mallow v Éire Óg in Grenagh

Sun, Sept 8th @2pm PIHC R3 Ballincollig v Aghabullogue in Ballyanley

Sun, Sept 8th @4pm PSHC R3 St Finbarr's v Newcestown in Cloughduv

Sept 13th - 15th Club F C R3 McCarthy Insurance Group F Cship R3

Fri, Sept 13th @7.30pm PJFC R3 Kilmurry v Canovee in Macroom

Sat, Sept 14th @4.30pm IAFC R3 St Vincent's v Ballinora in Ovens

Sat, Sept 14th @6.30pm PIFC R3 Uibh Laoire v Aghabullogue in Kilmurry

Sat, Sept 14th @6.30pm PIFC R3 Bantry Blues v Naomh Abán in Newcestown

Sat, Sept 14th @6.30pm PIFC R3 Castletownbere v Rockchapel in Cill na Martra

Sat, Sept 14th @6.30pm PIFC R3 Kilshannig v Macroom in Kanturk

Sun, Sept 15th @2pm SAFC R3 Carrigaline v Cill na Martra in Ballymaw

Sun, Sept 15th @2pm SAFC R3 Béal Áth an Ghaorthaidh v Kiskeam Carrigadrohid

Sun, Sept 15th @2pm SAFC R3 Knocknagree v Bishopstown in Clondrohid

Sun, Sept 15th @4pm PSFC R3 Nemo Rangers v Newcestown in Cloughduv

Sun, Sept 15th @4pm PSFC R3 Ballincollig v Éire Óg in Kilmurry

Sept 20th - 22nd Club Cship QF County F&H Quarter-Finals 1



MACROOM GAA

U12 Mid League vs Inniscarra

Macroom travelled to Ballyanly to play Inniscarra on Sunday last 18th August. Superbly led by captain Nathan Meyler and aided by a strong breeze, Macroom played some great football in the first half and held an 8 point lead at half time. The home team came out strong in the 2nd half and reduced the deficit to 1 point with a couple of minutes remaining. Macroom showed great battling spirit in the closing moments and sealed a 2 point victory with the final score of the game. Final Score. Macroom 2-9, Inniscarra 2-7

U12 West League vs Carbery Rangers

Macroom travelled to Rosscarbery to play Carbery Rangers on Monday 19th August. They say goals win games and that was certainly the case here. Macroom struggled going forward for large parts of the game, but struck for goals at key times to stay in contention. Having trailed by 7 points mid way through the first half, 2 goals coming up to half time resulted in only a 2 point deficit. The second half continued in a similar fashion with Macroom staying in contention with goals. With the game entering its final play, the excellent Tom Minehane struck for the third of his 3 goals with the final kick of the game to seal a 2 point victory. Final Score. Macroom 5-2, Carbery Rangers 1-12

U12 boys played vs Ilen Rovers and were just pipped 4-5 to 3-9. A great second half comeback by the lads unfortunately losing out by a point in the end but a great effort against a team that has won all their games well.

U12 Mid team had a battling 1-8 to 1-6 win last weekend vs Carrigaline. 4 wins from 5 and have topped the group and qualified for a league final. Final details TBC.

U15

Macroom played their latest league game on Sunday last away to Kinsale. Macroom won the toss and played with the strong breeze in the first half resulting in a 9 point lead at the break. Kinsale battled hard in the second period but Macroom kept the scoreboard ticking over to run out winners 6_11 to 3_08. Macroom now qualify for a league final against Clonakilty Team Ben Ronan, Tristan Mullane, Michael Kelleher, David Condon, Ciaran Murray, Ultan O Tuama, Dan Lyons, Ryan Brophy, Donagh Moss, Dylan O Shea, Michael Cregan, Ronan Duggan, Michael Dunne, Ronan O Sullivan, Eoin Holland, Micheal Deasy, Daniel Lucey, Alex Waugh, Conor Coughlan, David Bradley, Ryan Mahunutsha, Liam Neville. Scorers Michael Dunne 1_3, Michael Cregan 1_3, Eoin Holland 1_2, Ronan O Sullivan, Donagh Moss & Daniel 1_0 each, Dylan O Shea 0_2, Ronan Duggan 0_1.

U10

Macroom U10s who played TJ Lyons cup tournament in Canovee at the weekend, played 3 group games, winning 1 and narrowly losing 2, the last game was heartbreaking, were up with seconds left and conceded goal and whistle went as ball hit the net. Unfortunately exited at group stage but were competitive in each game and 1 or 2 things either way would have changed the results in games that were lost. Very proud of the lads and hard to see a lot of them in tears after but they played great and will come again.



Macroom U15 vs Kinsale

U16

Macroom played Carrigaline in the final game of the league format in the Castle Grounds, knowing a win could put them in the mix for the championship semi finals. They came up against a physically strong Carrigaline side who were the better team throughout the hour. Macroom battled but came out the wrong side of a scoreline Macroom 0-5 Carrigaline 0-14.

Macroom now play in the shield semi final.

Next up for the lads is the Premier 1 league final against Douglas on Thursday September 5th in the Mardyke.

Team: Gearoid Quinn, Thomas Hopkins, Cathal Neville, Alex Brophy, Donagh Moss, Eoghan Healy, Robert Fitzgerald, Jack O Shea, Sam Leavy, Darragh Donovan, Ruairi O Shea, Jack Leavy, Dylan Lucey, Coran Burns, Billy Murphy.

Subs. Caleb O Connor, Jayden O Sullivan, Conor Nash, Ryan Fernando, Troy Murphy, Simon Condon, Taylor Connolly, Tadhg Dunne, Kieran O Dwyer.

Minor

Kilmurry hosted Macroom on Wednesday 28th August in this West Cork championship game. Macroom needed to win to guarantee safe passage to the Semi Final. Macroom started brightly and got the better of the opening exchanges. The midfield duo of Jack O'Shea and Mark Condon ensuring a good supply of ball to the dangerous forward division where Oisín O'Sullivan, Cian O'Sullivan and Jack Leavy were to the fore. Noe Kollar made a great penalty save in the dying minutes of the half, and this was crucial in the outcome of the game as Macroom went in at the short whistle in the lead. Macroom 0-8 Kilmurry 0-3.

Great credit due to the defence who kept scores to a minimum for a dangerous Kilmurry forward line. Ryan Sabas again brilliant ably assisted by Cormac Burke and Donagh Murray. Sam Leavy also making strong runs causing havoc for Kilmurry. Eoghan Healy also to the fore, making some vital interventions. It was a brilliant team effort which everyone playing to their potential. Macroom, now playing an excellent brand of attacking football, with Billy Coleman pulling the strings, with some telling passes. Credit to Kilmurry, they kept at but it was Macroom's night eventually winning on a scoreline of Macroom 0-20 Kilmurry 0-8. On a positive side note, Ray Griffin made a welcome appearance as a

late sub. Ray has made a great comeback from a serious knee injury. His hard work and dedication in getting back to full fitness has been a pleasure to witness.

Team: Noe Kollar, Donagh Murray, Cormac Burke, Bobby Murphy, James Slattery, Ryan Sabas, Sam Leavy 0-2, Jack O'Shea 0-4, Mark Condon 0.1, Cian O'Sullivan 0-2, Oisín O'Sullivan 0-5, Billy Coleman, Jack Leavy 0-4, Ruadhan McKenna, Eoghan Healy. Subs Billy Murphy 0-2, Jamie Murphy, Cathal Neville, Ruari O'Shea, Regan Wong, Ray Griffin, Shane McCarthy, David Neville, Martin Fitzgerald, Jack White, Colin Kelleher, Charlie Magee, Ruari Kiernan

U14

U14 Premier 1 Macroom 1-16 Youghal 7-07 on 30/08/24. Macroom welcomed Youghal to Tom Creedon Park on a lovely late Summers Friday evening. Macroom playing into the breeze started well, getting the first 2 points on the board. Youghal levelled and the teams traded points. 20 minutes in Youghal hit the back of the net but Macroom fought back with a well worked move by Ryan Brophy whose shot was saved and Tadhg O'Driscoll pounced on the rebound to score what was to be Macrooms only goal of the game. At half time Macroom led 1-10 to 1-05.

Dylan O'Shea was first to score in the second half with a point for the home team, however Youghal responded with two goals inside a minute. Macroom levelled about 20 minutes into the half but were tiring and Youghal took control scoring a number of late goals to seal victory. An unusual scoreline for this Macroom team who battled hard, as they always do, but they ran out of steam within the last 10 minutes. A disappointing scoreline at the end, but the lads should be proud of their results, attitude and work rate in their first season at Premier 1 level. Final scoreline Macroom 1-16 Youghal 7-07.

Scorers for Macroom - Ryan Brophy, Dylan O'Shea, Alex Hopkins, Tadhg O'Driscoll, Michael Deasy, Con Moss, David Twomey and Will Buckley.

Team: Cian Lee, Ryan Brophy, Tristan Mullane, David Bradley, Dylan O'Shea, Cayden Dundon, Alex Hopkins, Tadhg O'Driscoll, David Condon, Michael Deasy. David Twomey, Con Moss, Conor Angland, Lochlainn Phelan, Brian McCrory, Will Buckley, Ciaran Murray.

HAVE YOU A NEWS STORY?

Contact the Editor by Email: leevalleyoutlook@macroom.ie



Macroom mid/west team in recent action



Macroom U12 vs Ilen Rovers



Macroom u10s who played Kilnamartyra in Kilnamartyra. Some great football played, and the lads have shown great development through the year.



Macroom mid/west team in recent action



Macroom U10s in TJ Lyons tournament in Canovee



Macroom U12 mid team vs Carrigaline



Macroom minors vs Kilmurry



Macroom U16 vs Carrigaline



U14 Premier 1 Macroom 1-16 Youghal 7-07 on 30/08/24.



CANOVEE GAA

The annual TJ Lyons U10 tournament took place at Canovee GAA Grounds on Saturday August 31st. A great turnout from all the local teams represented, including Canovee, Aghinagh, Kilmurry, Aghabullogue, Clondrohid, Macroom, Kilnamartyra and Naomh Aban. Some great football was played with Aghinagh and Naomh Aban advancing to the final. The final was a

very close match with Aghinagh coming out on top. Final score Aghinagh 3-3 Naomh Aban 1-6. Thanks to all the coaches, trainers and parents for their cooperation on the day, thank you to our club members and parents who helped coordinate the event, to all who parked cars, served tea's, sandwiches and treats go raibh maith agaibh. We would like to wish all the

best to Kissane's Kiosk (local food truck owners) who had their first day trading at the tournament, we hope to see them at many more events in the future. Last but by no means least, thank you to all the footballers who made it an exciting, fun filled football day. Heres to next year!!



Kissane's Kiosk, first day trading at the TJ Lyons Tournament in Carrigadrohid in august 31st.



Canovee U10's who participated in the TJ Lyons Tournament in Carrigadrohid on Saturday Aug 31st.

LOCAL LOTTO RESULTS

RCPA (Rylane Community Park Association) Lotto results:

26th August, 2024:

Jackpot: €2,200

Numbers Drawn: 17, 32 & 40. No Winner

Lucky Dips €20: Bobby Healy (Rylane); Sharon O'Rourke (Rylane); Michael Cotter (Macroom - yearly); Liz O'Connor (Oughtiherra, Rylane - Online). Seller's prize: Sheila O'Sullivan (Rylane).

Macroom GAA Lotto Results:

27th August, 2024

Jackpot: €14,600

Numbers drawn: 2,15,29,32

No Winner

Lucky Dips: €70 Colman Corrigan

€20 each to Isla O Shea, Margaret Buckley, Robbie

Neville, Fionnuala Kelleher, Theresa Buckley

Tickets online at www.macroomgaa.ie and the usual local outlets throughout Macroom town.

Canovee GAA Lotto Draw:

25th August, 2024

Jackpot: €10,050

Numbers Drawn: 6,22,27,32

No Winner

Lucky Dips: €40 Rosie Scanlan & Ellie Creedon

€40 Online prizes Mary Shine & Aaron Forde

Next draw takes place in Hickeys, Aherla



Huge congratulations to Shane and Louise Martin who won the massive Coachford AFC Lotto Jackpot of €8,000 recently



Kingfisher taking a rest over the River Sullane

(Photo by Piotr Wozniak)



AGHINAGH GAA

Sliabh Rua 2-08 Aghinagh 2-13

Our minors completed the round-robin section of the championship with an away trip to Sliabh Rua in Riverstick on Wednesday evening.

In what turned out to be a must win match, Aghinagh turned in a business-like performance and had more or less put the games to bed by half-time.

First half goals from Sean Cummins and Luke Ring, and three excellently kicked points from Rowan Kelleher had Aghinagh 2-07 to 1-03 ahead at half time. All of Sliabh Rua scores coming from placed balls, and their inability to kick scores from play did not help their cause.

Aghinagh maintained their dominance in the second half with Luke Ring kicking 3 beautiful points in a row followed by a brace from his close neighbour Michael

Twomey.

Our defence was on top throughout with Gavin Leahy and John Kelleher putting in strong performances.

Sliabh Rua kicked a few late points and a very late goal to put respectability on the scoreboard. With the way results went on Wednesday, three teams in the group finished on 4 points, but Aghinagh with their superior points difference top the group and move onto a semi-final, most likely against close neighbours Aghabullogue.

On Monday night last, 26th August the U16 squad faced Clondrohid in the Rebel Og U16 Championship. This match was all to play for as it doubled up as a league & championship fixture.

Our boys hit the ground running with an early goal from Jacob Barry followed by another goal from Ben

O'Leary. Credit to Clondrohid they never gave up and scored a few excellent long range scores along with a goal to leave the half time score at 2-5 to 1-2.

The second half was a nip and tuck affair with both sides having good spells. However it was Aghinagh who did more damage on the scoreboard despite some wayward shooting at times. U14 player Liam O' Connor added a third goal while Danny Buckley, Jacob Barry and Ben O'Leary chipped in with a few more points. In defence Jack Healy continued to impress at corner back while John Kelleher made another huge step forward in recovery from an ankle injury. Much of this team is made up of u14 players so they can be delighted with the result indeed.

Final score

Aghinagh 3-09 Clondrohid 1-03



Aghinagh Junior A team who beat Dripsey in the Ross Oil Football championship. They play Ballincollig September 14th.



Congratulations to the Aghinagh U10 team who were crowned winners of the TJ Lyons Annual Tournament hosted by Canovee GAA.



Aghinagh U12 squad who recently defeated Newcestown in the Rebel Og league campaign.



Aghinagh U16 who beat Clondrohid in the Rebel Og U16 Championship



Guests at the Official Launch of the new Independence Museum Kilmurry Courtyard Patio, front, L to R, Conor Nelligan, Heritage Manager, Cork County Council, Mary O'Mahony, Chairperson, Independence Museum Kilmurry. Rear, Noel Howard, Curator / Director & Terry Datson, Secretary, Independence Museum Kilmurry.



Front, L to R, Conor Nelligan, Heritage Manager, Cork County Council, Mary O'Mahony, Chairperson, Independence Museum Kilmurry. Rear, Noel Howard, Curator / Director & Terry Datson, Secretary, Independence Museum Kilmurry.

HAVE YOU A NEWS STORY?

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Cloughdov Golf Classic in Macroom Golf Club



KILMICHAEL PITH & PUTT NEWS:



John Casey Kilmichael Pitch & putt. being presented with prize from Kay O'Keeffe President also in image is Chairman Philip Dawson.



Kilmichael Pitch & putt : Dan Kiely Best gross



Michael Vaughan 2nd gross



Kay O'Keeffe 2nd Nett being presented by the Captain Barry Crowley , at Kilmichael Pitch & putt.

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Reversing Polycystic Kidney Disease: A Breakthrough Approach to Kidney Health

'... a pragmatic, science-backed approach to a complex genetic condition, underlining the power of personalised dietary strategies.'

- Dave Asprey, author of the Bulletproof Diet

Felix S Mueller's revolutionary book, Reversing Polycystic Kidney Disease, offers hope to the estimated 1 in 1000 people who suffer from PKD. As an author, polycystic kidney disease (PKD) coach [and] patient, Felix S Mueller shares transformative strategies that have reversed his own PKD and coached many of his clients and followers to take control of their kidney health. Due for release on 26 September 2024, this comprehensive guide provides a fresh perspective on kidney health, offering hope to those previously considered incurable.

Mueller shares a low-carb, high-nutrient approach to begin managing PKD, challenging the belief that the condition is inevitably progressive. Drawing on his personal experience and expertise gained over

nine years, he delves into the science behind this innovative approach, combining emerging research with long-established principles. Mueller's simple and accessible diet and lifestyle changes aim to radically prolong the time to dialysis or transplant, and in some cases, completely stave off these interventions. Reversing Polycystic Kidney Disease is not just a theoretical exploration. It provides practical tips, daily routines, recipes, and a one-week meal plan, making it a valuable resource for PKD patients navigating dietary changes. The book also addresses challenges such as travelling and dining out without compromising kidney health.

Key book contents include:

- Why some people experience more severe PKD than
- Molecular triggers accelerating disease progression
- Basic mechanisms of the PKD mutation
- Strategies to influence mechanisms, slowing or reversing cyst growth

- Implementation of these strategies in daily life
- Adjustments for those with already compromised kidney function
- Troubleshooting progress-related issues
- Commonly asked questions
- Staple recipes and a one-week meal plan

Mueller, a self-described 'unlicensed biohacker', and 'PKD patient', has dedicated his life to finding ways to restore his health since 2013. Applying his knowledge to reduce kidney volume in himself and others, Mueller, at just over 30 years old, boasts the highest kidney function of his life. Specialising in a cyclical ketogenic diet, autophagy activation, and lifestyle adjustments, Mueller has built a global online PKD community that continues to grow (<https://reversingpkd.com>).

Due for publication on 26 September by Hammersmith Health Books. ISBN 9781781612477. RRP £17.99.

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A Word of Victory

"Blessing, Glory, Wisdom, Thanksgiving, Honour, Power and Might be to our God forever and ever. Amen" (Revelation 7:12 NKJV).

Welcome back dear student, first off a reminder: we host the amazing worship artist Jean Watson next Thursday night at 7.30pm at Word of Victory Christian Fellowship. It's a special night - an event worth your time: beautiful singing and music by Jean, with people from every background all coming together for one thing, to worship the Lord together. It's a picture of what's going on in Heaven before the throne of Almighty God... "after this I looked and behold, a great multitude which no one could number, of all nations, tribes, peoples and tongues, standing before the throne and before the Lamb, clothed in white... crying out saying... Salvation belongs to our God, Who sits on the throne, and to the Lamb!" (Revelation 7:9-10).

The days are getting darker in the natural, and spiritual darkness is blanketing our world, but praise God - seasons change, that's the hope we have. We must press in to hear God's voice and be led by His Spirit (John 10:27; Romans 8:14). In the Book of Judges, Deborah, the leader of Israel, thanked God for 'leaders who lead' (Judges 5:2). This translates from Hebrew to mean... 'locks are loosed when leaders lead'. Strong, righteous leadership by godly people is needed more than ever. War mongering globalists are plotting chaos - world war three if they can pull it off, and internet blackouts. It might be wise to keep some cash handy - don't rely on electronic payment methods alone. Israel is being attacked daily with thousands of missiles, and with a nuclear threat looming from the evil regime in Iran who are funding the terrorists. In Lebanon on the northern Israeli border our own soldiers are in perilous danger. And what have our leaders done? Brought us into the line of fire of God's wrath. "The nations who gather against Jerusalem will only hurt themselves" (Zechariah 12:3 NLT). Our President wrote to the new Iranian leader congratulating him on his 'election' while innocent Iranian's are subjected to savagery and imprisonment. No word on that though by Michael D, the U.N., Amnesty, or the media! To top it all, our Government plan to end trade with Israel based upon Hamas propaganda strategy. Hamas use corrupted media to spew lies and hatred, while using innocents as human shields with no value on their lives and depriving their own people while living lavishly themselves.

Friend, investigate the truth of what happened last October 7th for yourself. Prepare to be horrified at the atrocities which Hamas wrought against Israel. They are still holding hostages almost a year on, and nations have turned their backs on Israel. How would the UK react if France started firing thousands of missiles across the channel at them? Arabs, Christians, Atheists, and Jews all live and work together peacefully and in freedom in Israel, but you will never hear that on the news. The world has fallen for the terrorist's narrative. Make no mistake - their objective is not only to take down Israel, but ultimately the entire world. The protesters who march crying '...from the river to the sea...' are bringing curse upon themselves and their children (Genesis 12:3). Why no protest for the men, women and children who were murdered, raped, burned alive, and kidnapped on October 7th last? The hostages who are still alive are being kept, hungry and abused, in complete darkness, in tunnels paid for with money donated by people who thought they were helping. When our Taoiseach and Tánaiste made their big announcement Hamas murdered six more hostages in cold blood - shooting them just before their rescuers arrived. God have mercy on Ireland, we need spiritual re-awakening.

Bible Study and Prayer every Sunday @ 11am and Thursday @7.30pm at Word of Victory Christian Fellowship Killarney V93V6X4

Word of Victory Christian Fellowship Killarney

@WOVKillarney

Email: wovkillarney@gmail.com

Text for Prayer: 087- 4471797

Podcasts on Spotify: A WORD OF VICTORY



Welcome to 'A Night of Worship'

With Acclaimed Christian Music Artist & Worship Leader
Jean Watson

**At Word of Victory Christian Fellowship & Bible School
Tiernabouli, Killarney V93 V6X4
On Thursday 12th September 2024 at 7.30pm**

Jean is a Classically-trained Singer, plays Violin with the Kalamazoo Symphony Orchestra, and is a sought after speaker and author. She hosts a daily radio programme on UCB Ireland.

For more info visit her website jeanwatson.com, or visit our Facebook page:



Word of Victory Christian Fellowship Killarney for links.

*Sure to be a great night!
All Welcome.*

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **MC**

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **AM**

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **AH**

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **AG**

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
MICHAEL KELLEHER
Coolehane, Macroom, Cork
11th September 2023

As we lovingly remember Michael on his first Anniversary, his wife Sheila, his children Timothy, Alice, Patrick and Michael and their families, wish to express our sincere gratitude to everyone who sympathized with us. Thanks to all our kind neighbours and friends who came to our home, to everyone who attended the removal and funeral, to all those who sent Mass cards, condolences and phone calls.

Thank you to Fr. Ned Goold and the Priests of the Parish who concelebrated Michael's Funeral Mass. To Brendan O'Brien & the Choir for the beautiful & uplifting music. Thanks to Fitzgerald's undertakers.

A special thanks to his wonderful Carers, and also the community nurses and Doctor Peter Cronin of Sullane Family Practice all of whom enabled us to care for Michael at home during his final illness.

We are deeply grateful to everyone who helped us, and The Holy sacrifice of the Mass has been offered for all your intentions., please accept this acknowledgement as a token of our sincere thanks and gratitude.



First Anniversary Mass will be held in Macroom Church on Saturday 14th September at 7.30pm

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen.

Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

MC

7TH ANNIVERSARY



In loving memory of
DAN CRONIN
Annahala West, Toames
who died on 3rd September 2017

*We miss your smile your joking way
We miss the things you used to say
And when old times we do recall
It's then we miss you most of all.*



We also remember his wife Bessie at this time.

Loving remembered and sadly missed by Jerry, Mary and family

FIRST ANNIVERSARY



In loving memory of
NOREEN KELLEHER
The Shop, Ballinagree Macroom
Who died on September 7th 2023

Noreen you always meant so much to us and always will. Now you are no longer here will always cause us pain. But you're forever in our hearts until we meet again.



Sadly missed by your loving sister Mary, Jerry and family

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen.

Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

3RD ANNIVERSARY



In loving memory of
CATHERINE (BLOSSIE) HORGAN
of Gortavraner, Clondrohid, formerly of Waterford whose anniversary occurs 8th September.

*Sadly missed along life's way,
Quietly remembered every day,
No longer in our lives to share,
But in our hearts you're always there.*



Loved and missed by Catherine's family and friends.

11th ANNIVERSARY



In loving memory of
JOHN LYNCH
Clondrohid, Co. Cork
Who died 14th September 2013
A beloved only son and brother

*Death leaves a heartache no-one can heal,
Love leaves a memory no-one can steal.
Just a prayer from the family who loved you,
Just a memory fond and true,
In our hearts you will stay forever,
Because we thought the world of you.*



Enrolled in Abbey Prayer List at Holycross Abbey.
Suaimhneas sioraí dá anam.
From your loving sisters Pauline, Louise, Deirdre, Denise, Carol, and Linda.

NOVENA TO THE SACRED HEART



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **EK**



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **SB**

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
SHEILA SHEEHAN

**Mountmassey, Macroom, Co. Cork
Who passed away on the 10th
September 2023**

As we lovingly remember Sheila, her husband George and Family wish to express sincere thanks to all who supported and sympathised with us during our sad loss.

To relatives, friends and neighbours, especially those who travelled long distances, attended the funeral services, sent mass cards, supplied refreshments we thank you.

A sincere thanks to Monsignor O'Donnell, Fr. Roberts and Fr. Joe.

To Cyril Casey and the staff of Casey's Funeral Directors your professionalism and guidance was much appreciated.

We would also like to thank Dan Twomey and Norma Galvin for their beautiful music at the funeral mass and The Castle Hotel & staff for their hospitality.

As we cannot thank everyone individually the Holy Sacrifice of the Mass will be offered for your intentions.

Sheila's first Anniversary Mass will be held in St Colemans Church on Tuesday 10th September at 7.30pm



Rest in peace Sheila

11th ANNIVERSARY



In loving memory of

JEROME O'CONNOR

**Carrigaphooca, Lissacreasig,
Macroom**

**Eleventh Anniversary occurs on
September 05th**

*"You live in our hearts,
You walk by our sides,
And from heaven above,
You are always our guide"*



Lovingly remembered by his Mum Joan,
family and friends.

FIRST ANNIVERSARY



In loving memory of

SHEILA SHEEHAN

Mountmassey, Macroom.

*When God was making mothers,
He must have made a fuss,
He spent a lot of time on one,
And gave that one to us,
Of all the gifts in life,
However great or small,
To have you as our mother,
Was the greatest gift of all,
Because you were so special,
No words could ever say,
How much we love and miss you,
Today and every day.*



Always loved and remembered, Dan,
Anna, Denis, Elaine, Danny and Sheena.

7TH ANNIVERSARY



In loving memory of

CON HAROLD

**Kilmartin Donoughmore
who died on the
22nd of August 2017**



8TH ANNIVERSARY



In loving memory of

JOHN HAROLD

**Donoughmore/ Lombardstown
who died on the 25th of July 2016**



10TH ANNIVERSARY



In loving memory of

CON LYNCH

**Lissacreasig macroom co.cork.
Died on 2nd September 2014.**

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard but always near,
Still loved, still missed, so very dear.*



RIP

15th ANNIVERSARY



In loving memory of

PAT MCCONNON

**Macroom and Monaghan
Died on 10th September 2009**

*In loving memory, we honor today, Fifteen
years have passed since you went away.
Your presence, your love,
forever in our hearts,
In memories cherished, we'll never part.
Though you're not here, your spirit lives on,
In the stories we share, in the early dawn.
Fifteen years gone, yet your light still
shines bright,
In our thoughts, in our dreams, in the
starlit night.*



Forever loved, and missed by Ann, Jen
and extended family.

13TH ANNIVERSARY



In loving memory of

BRIDGET HAROLD

**Kilmartin Donoughmore
who died 1st September 2011**



Always remembered and Sadly missed
by Daughter Sheila, Son in Law Ted,
Grandchildren and Great Grandchildren.

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PRAYER TO ST. ANTHONY



Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours. JA

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
NORA MAY SHEEHAN
Macroom, Co. Cork

Who died on September 10th 2023.

As we lovingly remember Nora May Sheehan on her first anniversary her daughter Catherine wish to express Sincere gratitude to all who sympathised with her sad loss.

She greatly appreciates the help and support of relatives especially nieces Annie Geraldine and Moira, reatives neighbours and friends.

Catherine greatly appreciates the thoughtful messages Mass Cards and online condolences. People who called to the house with food and refreshments and those who travelled near and far to attend Nora's funeral. Taking the opportunity to thank Dr Bradly and Dr Foley and all staff at Sullane Family practise who cared for Nora over many years.

Sincere thanks to Fr O'Mahoney who brought Holy Communion to Nora and to Fr Roberts for celebrating Nora's Funeral Mass.

Also to Micheal Bradly singer and Mary Mc Sweeney organist and to Jerry mC Carthy and cousin Kerian for all who made Nora's Mass special.

Deep appreciation to the Public Health Nurses Catrina Twomey and Juliette O'Donoghue, Home help Margie Dineen and many more. Also to Christal Mc Carthy with Home Instead.

Sincere appreciation to neighbour Brenda for her help and support.

To the staff and all at Ionad Lea Ballyvourney towards Nora.



Nora's Anniversary Mass will be held on 22nd September 2024 11.30 in Macroom Church

2ND ANNIVERSARY



In loving memory of

DENIS MOYNIHAN

Cahir, Ballygeary, who died on the 7th of September 2022.

Ar dheis Dé go raibh a hanam dilis

*A smile for all, A heart of Gold,
One of the best this world could hold,
Never selfish, always kind.
Beautiful memories of music, song and laughter left behind.*



Lovingly remembered by his wife Joan, daughters, sons, daughter in laws, son in laws and grandchildren. Our Lady Pray For Him.

2ND ANNIVERSARY



In loving memory of

NORA KELLEHER

Moulnahorna, Carriganima,
Who died on September 16th 2022.

*Sunshine passes and shadows fall
Love and memories out last them all.
Out of our lives you may have gone
But in our hearts you still live on.
St John pray for her.*



Sadly missed by her loving family.

Anniversary Mass on Saturday 14th September at 6pm in Carriganimma Church.

14TH ANNIVERSARY



In loving memory of

JOHN O'LEARY

Clondrohid, Macroom,
Who died on August 30th 2010.

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard but always near,
Still loved, still missed, so very dear.*



Loved and remembered by Kathleen and family.

47th & 5th ANNIVERSARIES



In loving memory of

JEREMIAH KELLEHER

25/08/77

Dirreenalling, Ballyvourney, Co. Cork.

*Just a prayer from the ones that loved you,
Just a memory fond and true,
In our hearts you will live forever,
Because we thought the world of you.*



Always remembered by Denis, Sheila, Seamus, Cáit, Siobhán and extended family



In loving memory of

MARY KELLEHER

21/09/19

8th ANNIVERSARY



In loving memory of

KATHLEEN MURPHY

late of Drishane Road, Millstreet,
Co. Cork

Whose anniversary occurs at this time

*Softly in the morning
you heard a gentle call,
You took the hand God offered you,
And quietly left us all.*



Sadly missed by Brendan and family

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of
STEPHEN KEARNEY
'Doirín', Ballymichael,
Lissarda, Co. Cork

Who died on 15th September 2023

As we lovingly remember Stephen on his first anniversary, we, his wife Ber, his sons Paul, Seán, Colm, his daughter Aoife, his brother John and extended family, would like to thank everybody who has helped and supported us since our sudden and sad loss. A sincere thank you to our families, extended families, friends, neighbours, work colleagues and the wider Kilmurry Community for your support. Thank you to everyone who brought food and supplies and those who helped us in our house – it was much appreciated.

Our sincere gratitude to all who sympathised with us on line, called to the house, sent text messages, phoned us, sent Mass Cards and letters, sent flowers, and attended the funeral home, Stephen's Mass and Crematorium and those who travelled long distances to offer their support and sympathy.

We extend our deep appreciation to the First Responders, Ambulance Personnel, C.U.H. Medical Staff and Dr. John Dromey.

Our thanks to the late Canon Bernard O'Donovan for celebrating mass, Fr. Michael Kelleher for his meaningful graveside ceremony, Ann O'Callaghan, Sacristan, for all her advice and Michelle O'Brien for arranging singing and music at short notice, the Gardaí and Kilmurry G.A.A. for their help and traffic control.

Thanks to Stephen's work colleagues and friends, Cork City Council and Cork Co. Council, and Kilmurry G.A.A. for the wonderful guard of honour, this was greatly appreciated.

Our sincere thanks to Bill and all the staff of Fitzgerald's Funeral Directors for their professionalism, kindness and support.

As it would be impossible to thank everyone individually, please accept this acknowledgment as a token of our sincere gratitude. The Holy Sacrifice of the mass will be offered for your intentions.



Stephen's first anniversary Mass will take place at 10.00 a.m. in St. Mary's Church, Kilmurry, on Sunday, 15th September, 2024.

4TH ANNIVERSARY



In loving memory of

MICHAEL (MICKO) KELLEHER

late of Mountmassey, Macroom, Co.Cork who died on 1st September 2020.

*Memories are like leaves of gold.
They never wither or grow old.
Locked in our hearts you will always be.
Loved and remembered for eternity.*

Will those who think of Michael today a little prayer to Jesus say.



Sadly missed by his wife Margaret, Son James, daughter Eileen, Grandchildren, Molly, Katie and Sarah, Son-in-law David, James's partner Norma and her son Darragh.

BIRTHDAY REMEMBRANCE



In loving memory of

EILEEN KELLEHER NEE HORGAN

Whose Birthday is the 7th of September

*For Your Birthday In Heaven
Birthday's in Heaven
decorations of gold
Where the years come and go
and you never grow old.*

*Where you celebrate with Angels
and past family there
With no illness in sight
just love everywhere..*

*We don't need to worry
how your Birthday was spent
cause you're safe in Heaven
and our wishes are sent.*

*Though we know you are safe
even though you're away
We Love and we miss you
Especially on your Birthday
Love Always*

Wonderful Mom and Grandmother



From your loving Family

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

MARGARET O'SULLIVAN (NÉE HARVEY)

**Bún Glaise, Ballymakeera and Campbeltown, Scotland
Who died on 7th September 2023**

On the first anniversary of Margaret's death her family wish to thank everyone who sympathised with us in any way.

Thanks to those who gave great care to her over many years: Dr Colette Faul, Nora Gallagher, Margaret Lynch and the staff of Deasy's Pharmacy especially Sinéad Slattery.

Thanks to Cór Cúil Aodha and to Fr Seán McCarthy for celebrating a beautiful mass.

We are grateful to Cyril Casey and staff for their help and professional guidance in directing the funeral.

Thanks to everyone at The Abbey Hotel for the meal after the funeral and to The Mills Inn for refreshments at the house.

A special thank you to Margaret's kind neighbours in Bún Glaise for their help and support on the night she died.

Please accept this acknowledgement as an expression of our gratitude and appreciation.

A joint anniversary mass for Margaret and her late husband Diarmuid will be held on Sunday 22nd September at 10am in Cúil Aodha.



Ar dheis Dé go raibh a anam

3RD ANNIVERSARY



In loving memory of

FIN TANNER

**Carrigeigh, Inchigeela
Who died on 16th September 2021**

*Those we love don't go away
They walk beside us every day
Unseen, unheard, but always near
Still loved, still missed and very dear.*



Lovingly remembered and sadly missed by your loving wife Margaret, sons Robert and Colin, grandchildren Keelin and Robyn and extended family and friends.

7th ANNIVERSARY



In loving memory of

EILEEN CREMIN

**Aghabullogue, Co Cork
who died on September 3rd 2017**

*Those we love
don't go away
They walk beside us
every day.*



Fondly remembered

Suaimhneas síoraí dá anam

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **GL**

2ND ANNIVERSARY AND 34TH ANNIVERSARY



In loving memory of our dear Mam and Dad

**MAURA
TWOMEY**

Who died on 20th August 2022

**JOHN
TWOMEY**

Who died on 9th September 1990

'Cill Mhuire', Railway View, Macroom

*As time unfolds another year
Memories keep you ever near
Silent thoughts of time together
Hold happy memories that will last forever*

Rest in Peace



Loved and missed every day by Michael, Karen, John and their families

6th ANNIVERSARY



Remembered with Love

**TIMMY
"THE BRIT"
MC CARTHY**

Dóirín Álainn, Ballyvourney

Whose anniversary occurs
on 12th of September

*For Timmy,
The memories I have of you,
Like a million stars come shining through
My darkest day, my sleepless night.
They touch my heart
with your dancing light.
I'll keep them close, inside my heart
So close, so near, together apart.*



Loved and missed everyday
But happily just a memory away
- Rhona

7TH ANNIVERSARY



In loving memory of

**DONIE
CROWLEY**

Drom-An-Allig,
Beál Átha'n Ghaorthaidh,
Who died on 3rd Sep. 2017

*Though absent you are very near,
Still loved, still missed and very dear,
You left a place no one can fill,
We miss you Donie, and always will.*



Go dtuga Dia Suaimhneas Sioraí dó.

Always remembered and deeply missed
by your wife Breda, and daughters Helen,
Anita and Bríd and their families.

8TH ANNIVERSARY



In loving memory of

**SARAH LANE
(NEE SHANNON)**

22 O'Connor Park, Macroom
Passed away on 11th September
2016

In our hearts you will live forever.



Sadly missed and always remembered by
her husband Jerry, John, Tracy, Joanne,
George, Helen, Henry and her
grandchildren Daniel, Hannah, Ellie,
Jeremiah, Grace, Ciara and Lilly.

20TH ANNIVERSARY



In loving memory of

**JERRY
O'CALLAGHAN**

Ballinagree
Whose Anniversary occurs on the
13th of September

*Your name is often spoke
We think about you still
You haven't been forgotten
By us you never will.*



Always remembered by his loving wife
Kathy. Sons Gerard, Kieran and the late
Noel, Daughters Anna and Noreen and
their families.

7TH ANNIVERSARY



In loving memory of

**THADY
OLDHAM**

Oakwood Court, Macroom
Whose anniversary occurs on 6th
September

*Everyday in some small way,
memories of you come our way.
Will those who think of Thady today,
A little prayer to Jesus say.*



Always remembered by Eileen, Liz, Colm,
Derek, Jack, Beth and extended family

7TH ANNIVERSARY



In loving memory of

**SHEILA
BUCKLEY
(NEE O'LEARY)**

Lactify, Clondrohid, Macroom,
Co. Cork.
Who died August 26th 2017

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*



Always remembered by her loving family.

THE MIRACLE PRAYER



Dear Heart of Jesus, in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your father sees it. Then in his merciful eyes it will become your favour, not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **AM**

THE MIRACLE PRAYER



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